

# Manual Therapy for the Disorders of Speech, Swallowing and Voice:

## A Hands-On Approach the LoMonte Technique



### Certificate Training for Speech Therapists

Many patients present with muscular tension, fascial restrictions, fibrosis, edema and other connective tissue problems that inhibit the structures necessary for normal speech, swallowing and voice. These tissue deficits will often interfere with our ability to utilize standard interventions and subsequently prevent optimal outcomes. Manual therapy is a method of using skilled touch to assess and provide specific movements of joints and soft tissue to improve tissue extensibility; increase range of motion; induce relaxation; mobilize or manipulate soft tissue and joints; modulate pain; and reduce soft tissue swelling, inflammation, or restriction.

There are many types of manual therapy techniques such as manual lymphatic drainage, myofascial release, massage, stretch, mobilization/manipulation, and passive range of motion. This intimate hands-on training will provide those working with speech, voice and swallowing disorders an introduction to some basic manual therapy techniques to analyze and address the tissue problems that may be interfering with normal sensory and movement patterns. This will in turn allow for a better designed intervention plan and result in overall improved outcomes. This course is a must for anyone treating NPC or other head and neck cancer patients.



## Course Requirements

You will experience manual therapy as a clinician and a patient. This course will provide training for hands-on touch to the head, face, jaw, neck, upper shoulders and upper chest. Please wear comfortable clothes that will allow you to confidently lie down and get up repeated times. Gym clothes or leggings are most appropriate. You must also wear a shirt that allows for skin contact of the shoulders and upper chest. A tank like or athletic top is best. You must feel comfortable with placing your hands on others in a therapeutic manner and likewise having others place their hands on you.

The benefits of touch are many, from soothing a hypersensitive nervous system, to improving sleep patterns, and boosting the immune system. You will not only learn how to provide such an important therapy to your patients but you will also receive an extra benefit from experiencing the therapy first hand.

## Training Course Instructor

**Teresa Biber LoMonte, M.S., CCC-SLP** — *The Creator of The Biber Protocol®*



Mrs. Biber LoMonte is an internationally recognized Speech-Language Pathologist and authority on electrical stimulation and dysphagia. Teresa developed the Biber Protocol® in 1999 and has been teaching clinicians and patients all over the world since 2001. She has extensive training in the evaluation and treatment of individuals with head and neck cancer and is a leading expert in the use of neuromuscular electrical stimulation and swallowing treatment. She is cross-trained in a multitude of Physical Therapy techniques and has developed additional innovative protocols for voice and swallowing disorders. She has utilized manual therapy in treatment since 2000 and subsequently developed The LoMonte Technique.

She is also an actress, director and filmmaker and has written and produced many short educational films including a documentary on head and neck cancer. She received her Masters of Science from Nova Southeastern University where she was student of the year. She is dedicated to constantly advancing her knowledge and is a seven time recipient of the ACE award. She is a member of the Dysphagia Research Society as well as many other organizations and was recently recognized

as a professional woman of the year by the National Association of Professional Women. She also served as the electrotherapy consultant on a large multi-center randomized placebo controlled clinical trial funded by the NIH. She is currently working with a European company to develop a prototype of an EEG based swallowing rehabilitation system.

Teresa is known for her passionate devotion to helping others and is a active supporter and volunteer in many charitable organizations including: The National Foundation of Swallowing Disorders, The Swallows, Curadis, The Voice and Swallow Center non-profit, Support for People with Oral and Head and Neck Cancer (SPOHNC), Karma Tribe, Habitat for Humanity and The Global Orphan Project.

Disclosure:

Financial: Mrs. Biber LoMonte receives compensation as a course instructor

Non-Financial: No relevant non-financial relationships



## Objectives

- ◆ *Explain the different mechanisms of dysfunction that can have an effect on normal speech, swallowing or voice*
- ◆ *Understand the anatomy and physiology of soft tissue and it's relationship to the systems involved in speech, swallowing and voice*
- ◆ *Describe abnormal pathophysiology and the different types of soft tissue dysfunction and the consequences on the affected systems*
- ◆ *Identify postural deficits and the impact on the mechanism of dysfunction*
- ◆ *Demonstrate assessment and basic manual therapy skills for the treatment of speech, swallowing and voice disorders*
- ◆ *Review the evidence for the benefits of manual therapy*
- ◆ *Understand when and how manual therapy should be included in a treatment plan*

## Course Outline

- 9:00 - 10:00    Speech, Swallowing and Voice:  
Understanding the mechanism of dysfunction
- 10:00 - 10:45    Soft tissue Anatomy and Physiology  
Understanding Normal and Abnormal  
Fibrosis, Edema and Myofascial Restriction
- 10:45 - 11:00    \*\* Break \*\***
- 11:00 - 11:30    Posture: Alignment and Flow
- 11:30 - 12:45    \*\* Lunch Break \*\***
- 13:00 - 14:00    Review of Scientific Literature, evidence and examples
- 14:00 - 15:00    Demonstration and Hands-on Lab 1: Establishing the foundation  
for assessment and determining  
intervention
- 15:00 - 15:30    Introduction to tools for tissue  
anomalies
- 15:30 - 15:45    \*\* Break \*\***
- 15:45 - 16:45    Demonstration and Hands-on  
Lab 2: Practice with various  
techniques and tools
- 16:45 - 17:00    Questions and answers
- 17:00 - 18:00    Demonstration and Hands-on Lab 3:  
Establishing competency from start  
to finish, developing a home program
- 18:00 - 18:30    Case Studies with Final Questions  
and Answers



## Course Details

**Act Fast! Class size is limited to 12 participants!**

**Date:** 5 Oct 2022 (Wed) / 7 Oct 2022 (Fri) /  
9 Oct 2022 (Sun) / 16 Oct (Sun)

**Time:** 9:00am to 6:30pm  
(Tea Breaks and Lunch included)

**Venue:** GSBE GLOBAL ACADEMY  
Flat 10A, King Palace Plaza,  
55 King Yip Street, Kwun Tong,  
Kowloon, Hong Kong.  
(6 Minutes walk from Kwun Tong MTR)

**Instructor:** Teresa Biber, M.S., CCC-SLP

**Co-Organizer:** GSBE Company Ltd, GSBE Global Academy

**Fees :** HK\$4,380

Apply for GSBE Global Academy Membership and get  
immediate discount on Registration Fees reduction!

Member Discounted Price: HKD\$4,080

Further deduction of HKD\$100 for Early bird register before  
5 Sep 2022 and further deduction of HKD\$500 for  
Biber Protocol Certificate Holder

**Contact:** GSBE Global Academy at 2709-3800  
or [info@gsbe.com.hk](mailto:info@gsbe.com.hk)

### **YOUR BENEFITS AFTER SIGNING UP 2-YEARS MEMBERSHIP (HKD\$300):**

1. Purchase of educational books and materials with 10% discount.
2. **10% Discount** on taking ALL further workshops and certificate programs.
3. Get e-copies for training materials after participating course

## **Application Form for Manual Therapy for the Disorders of Speech, Swallowing and Voice**

Name (CAPITAL LETTERS): Mr. / Ms. \_\_\_\_\_

Tel. (Mobile, for whatsapp acknowledgement): \_\_\_\_\_

Email (For email updates on workshop details): \_\_\_\_\_

Facility (Hospitals/ Company Name): \_\_\_\_\_

Facility Address (For posting Certificates): \_\_\_\_\_

|   |   | Unit Price                          |
|---|---|-------------------------------------|
| 1 | GSBE Global Academy Membership Fee<br>(Valid for 2 years)   | <input type="checkbox"/> HKD\$300   |
| 2 | GSBE Global Academy Member Registration                     | <input type="checkbox"/> HKD\$4,080 |
|   | Non-Member Registration                                     | <input type="checkbox"/> HKD\$4,380 |
| 3 | Early Bird Discount<br>(Sign up and paid before 5 Sep 2022) | <input type="checkbox"/> - HKD\$100 |
| 4 | Biber Protocol Certificate Holder                           | <input type="checkbox"/> - HKD\$500 |

Total: \_\_\_\_\_

Please make cheque payable to GSBE COMPANY LTD and send to

**GSBE COMPANY LTD**

Room 10A, King Palace Plaza, 55 King Yip Street, Kwun Tong, Kowloon, Hong Kong.

or deposit payment to our

**Bank Name:** Standard Chartered Bank (Hong Kong) Limited

**Bank Code:** 003

**Account Name:** GSBE COMPANY LTD

**SWIFT Code:** SCBLHKHHXXX

**Account Number:** 570-1-1041762

**Bank Address:** Payment Centre, 15/F Standard Chartered Tower, 388 Kwun Tong Road, Kwun Tong, Kowloon

**FPS Account No.:** 161958210

Please email/ fax your deposit payment slip together with this form to [info@gsbe.com.hk](mailto:info@gsbe.com.hk)/ 2709-3828 for registration.



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