

4th European Otolaryngology-ENT Surgery Conference

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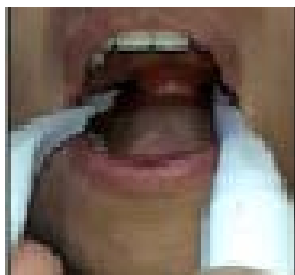
3rd International Conference on Craniofacial Surgery

August 15-17, 2019 Rome, Italy

Low Level Laser Therapy and Neuromuscular Electrical Stimulation in ENT Rehabilitation: New therapeutic resource**Andrea Signoretti**

University Center São Camilo, Brazil

The newest features in speech therapy clinic like Neuromuscular Electrical Stimulation (NMES), Transcutaneous Electrical Nerve Stimulation (TENS) and more recently, the Low Level Laser Therapy (LLLT) have been promising and effective in dealing with ENT, both for enabling early intervention as well as speeding up the recovery process. In our clinic, NMES is used to promote sensory and excitatory stimuli extraoral or intraoral, using FORMA® extensors, which facilitate strength gain and endurance of musculature, TENS has been used to relieve pain, reducing fatigue, improving vascularity and helping muscle relaxation and LLLT has biomodulator action in the inflammatory, nociceptive, scarring, edematous, nervous and muscular repair processes. The use of TENS associated with vocal techniques was used in a female patient, 38 years old, teacher, with high vocal demand and with the diagnosis of bilateral sulcus vocalis stria minor and vocal nodules and contributed to total resorption of the vocal nodules. In another case, a 20-year-old patient, Adenotonsillectomy surgical post, evolved with moderate hypernasal resonance focus dysphonia and dysphagia, nasal reflux for liquids. Using NMES at a sensory and excitatory level with the FORMA® extensors on the soft palate and conventional therapy it was possible to recovery functional movement completely of the soft palate, to equilibrate the resonant focus and eliminate the symptoms of dysphagia. Several studies has been demonstrated that the LLLT is an alternative to speed up facial normality in pediatric and adult Bell's Palsy, and it has seen in our clinic too, however, there is no scientific studies to late facial palsy. In an initial process of rehabilitation, using LLLT combined with NMES with the FORMA® extensors, a male, 40 years old, peripheral facial paralysis for 18 years Facial SCHWANNOMA removal post, has shown promising results with improvement of the facial mimic. As we have seen, these new features have great applicability in ENT Rehabilitation. In addition to being considered as a safe, non-invasive, and widely accepted by patients, the combined use of these new techniques with the conventional techniques of speech and language rehabilitation has added efficiency, assertiveness and celerity in the rehabilitation process.

**Biography**

Dr. Andrea Signoretti is a Speech Language Pathologist, specialized in Dysphagia and Voice. Graduate certificate in Neuromuscular Electrical Stimulation. LSVT® LOUD Certified Clinician to Apply Speech Treatment for Parkinson Disease and Neurological Conditions. For 27 years worked closely with ENT

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specialists. Has experience in voice and dysphagia rehabilitation on Otorhinolaryngology demand and Head and Neck Surgery. Worked in several Hospitals, such as HCOR, ICESP, São Camilo and others, for more than 10 years, focusing bedside attendance on neurogenic and mechanical disorders of voice, speech and swallowing. Nowadays, has a private office sharing experiences with her medical colleagues, psychologists and physiotherapists for a multiprofessional attendance. She was born and raised in Sao Paulo, Brazil

deassignoretti@yahoo.com.br

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