

Prolonged Effect of Transcutaneous electrical nerve stimulation (TENS) on Semi-occluded Vocal Tract (TVSO) in Teachers of Chillán

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Objective: Determine the prolonged effect of Transcutaneous Electrical Nerve Stimulation (TENS) combined with Semi-occluded Vocal Tract (TVSO) exercises in the voice acoustic parameters of teachers from Chillán.

Methods: A quantitative, longitudinal study of descriptive-comparative level and quasi-experimental design was carried out. The sample consisted of 19 professors between 26 and 50 years old, with a minimum of 2 years of work experience and at least 30 teaching hours per week. Control group and experimental group was assigned.

Results: Significant differences were observed in Shimmer of the control group and HNR in both groups.

Discuss: The glottal closure is favored in TVSO and TVSO plus TENS, similar results were obtained by Ras (2016).

Conclusion: When TVSO is combining with TENS, a prolonged effect is observed in the mean; however, significant differences only was observed in HNR.

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