

Teaching Video NeuroImage: Spasmodic dysphonia

Adductor and abductor



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Dystonia of the larynx is known as spasmodic dysphonia and there are two types: adductor and abductor (video).¹ Both occur more often in women, with an average age at onset of 39 years.² The more common, adductor spasmodic dysphonia, is characterized by involuntary, irregular adduction of the vocal cords during phonation, producing an effortful, strangled, strained quality to the voice with irregular vocal breaks. Abductor spasmodic dysphonia is characterized by a breathy, effortful voice with aphonic whispered segments. In both types, there is often a dramatic

improvement in the voice during shouting, whispering, or singing. The treatment of choice for spasmodic dysphonia is botulinum toxin.²

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