

Evemarie Haupt, Logopaedin, Stimmtherapeutin

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Testimonial report about the Novafon SK1 and SK 2

I first got to know the Novafon SK 1 instrument in my practice in about 1984 due to a patient suffering from voice and breathing complaints, and who brought it with her, after being released from rehabilitation in a heart-circulation clinic, with the question whether it could be employed in voice and respiratory therapy. Following thorough trials in my practice and in the School for Logopedics at the University Hospital, Munich (see Testimonial Report LMU), several Novafon instruments of the type SK 1 and later of the SK 2 type were acquired.

I can only confirm the positive experience expressed in the reports submitted to date. The Novafon SK 1 and SK 2 have proved to be almost indispensable tools in the treatment of hundreds of patients with voice and respiratory disorders.

Equally, it has been used regularly during lessons at the logopedic school as well as in a large number of seminars and courses held by myself both at home and abroad, where it is met with great interest.

When treating patients, the following positive results were evident:

- muscular relaxation
- in encouraging blood flow
- in sensitising perception of the body
- a pleasant feeling of vibration and warmth
- an increase in the organism's ability to conduct sound waves
- in relaxing and tackling hypertonicity
- in calming respiration

Relating to vocalisation during treatment using the Novafon SK2:

- an expansion of the vocal range
- an increase in vibrato
- in compensating hypertonic vocalisation

- in compensating hypotonic vocalisation
- in raising the function of the chest register
- in stimulating the function of the nodulus vocalis
- in relaxing surrounding muscles in cases of organic dysphonia
- positive increase in body perception and vibration strength of the vocal organ in cases of psychogenic dysphonia

Particularly at the start of a therapy session, the Novafon is especially well suited to gently raising patients' awareness of the necessary changes in posture, tone and respiration, as well as of his/her conscious awareness of the increase in the body's cognitive ability as a prerequisite for a return to a healthy respiration and vocal function.

All types of functional, organic and psychogenic dysphonia have been treated. It [the Novafon] has proved successful with tumour patients in the follow-up treatment of scar tissue.

For my part, I have only limited experience in treating children: I do not use the Novafon on them until they reach school age. In such cases, it aids in the preparation of voice, respiratory, stammer or dyslalia therapy, insofar as it has a positive effect upon body perception, developing a sense of wellbeing, reducing stress and upon stimulating the circulation of blood.

There are certainly further possible applications in other fields of therapy that belong to speech, language and vocal disorders, for example, aphasia, dysarthria, dysphagia and others, which remain to be researched.

Amongst the large number of treatments using the Novafon, there were only four cases in which patients reported slightly negative effects:

For 2 senior patients, extremely hypertonic, it was unpleasant

2 young women, hypersensitive, also did not like it

Apart from that, only positive reactions.

The Novafon is not used on patients fitted with pacemakers and on those suffering with inflammatory complaints.

Privately, the SK 2 has been used with great success in my family for years in conjunction with a variety of complaints: colds, bronchitis, headaches, toothaches, backaches, painful joints, and we would no longer do without it.

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Evemarie Haupt

PS: It should be verified by an expert whether, according to the first accompanying instruction booklets, sine oscillation of the cells is affected positively as a result of treatment using the Novafon. A healthy cell oscillates in sine waves. That could have serious consequences.