NATIONAL SPASMODIC DYSPHONIA ASSOCIATION

Botulinum Toxin Injection Information and Tracking Chart

This sheet is designed to better track the progression of your treatment with botulinum toxin injections. Use a new sheet for each injection.

Name: _____ Doctor: _____ Date: _____ Injection #: ___

			Days				*Weeks after botulinum toxin injection*																			
Rating Scale		**Before BTX**	**1**	**2**	**3**		**1**	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**		**10**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**	**20**	**22**
Normal	1																									
	2																									
Mild	3																									
	4																									
Moderate	5																									
	6																									
Severe	7																									

Comments and Notes:

◯ **Voice spasms:** Tense sudden stoppages (either an opening "abductor" or closing "adductor" spasm. Mark a circle in the box that indicates your own judgment of the severity of your voice spasms.

X **Voice Breathiness:** The "airy or breathy" quality of your voice that usually appears at the botulinum toxin injection weakens your vocal muscles. Mark an X in the box that indicates your judgment of the severity of your voice breathiness.

Form of Spasmodic Dysphonia:
___ Abductor ___ Adductor ___ Mixed

Other Symptoms:
___ Vocal Tremor ___ MTD

Muscle Injected	Right Thyroaryteniod (TA)	Left Thyroaryteniod (TA)	Right Posterior Cricoaryteniod (PCA)	Left Posterior Cricoaryteniod (PCA)	Lateral Cricoaryteniod (LCA)	Interaryteniod (IA)
Amount						

This sheet was adapted from various sources including William Beaumont Hospital. The NSDA only provides this as a resource and is not recommending or promoting any treatment for spasmodic dysphonia.