

Lax Vox Voice Therapy Exercise

Patient Information

Speech and Language Therapy Department



The Patient Information Leaflets page on the Trust website is available on the link:
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

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How will the Lax Vox exercise help my voice?

- Lax Vox exercises help to build the air pressure below the vocal cords.
- This helps the vocal cords come together in a relaxed way with less muscular effort.
- The pressure created by blowing bubbles and sounds in the water creates more space in the pharynx (throat) and lowers the larynx (voice box).

This is a progressive exercise. It is important to work through each step at a time

A few rules...

- These exercises should be performed whilst sitting in an upright position with your shoulders relaxed.
- Put one end of the straw between your tongue and your top teeth.
- Make a good seal around the straw with your lips.
- Put the end of the straw into a glass of water (2-3 cm deep).
- Start the task by breathing out through your mouth. Do not take a breath first.
- During the exercise, breathe in through your nose.
- Repeat each step 5 times.
- Speak to your Speech and Language Therapist for advice regarding how often to practice or if you are unsure about anything in this leaflet.

Step one:

Without putting the straw into the glass, blow down the straw. Place your hand below the straw and feel for the air being released.

Step two:

Now put the straw into the glass. Without taking a breath, blow a steady stream of bubbles.

Step three:

Prolong 'oo' (as in food).

Step four:

Repeat 'oo' 'oo' 'oo' 'oo'.

Step five:

Repeat 'oo' 'oo' 'oo' 'oo'. On each repetition, gradually increase the volume.

Step six:

Whilst prolonging the sound 'oo', glide from a high pitch to a low pitch.

Step seven:

Whilst prolonging the sound 'oo', glide from a low pitch to a high pitch, and back to a low pitch.

Feel for...

- Vibration around the lips and mouth.
- Low abdominal movement.

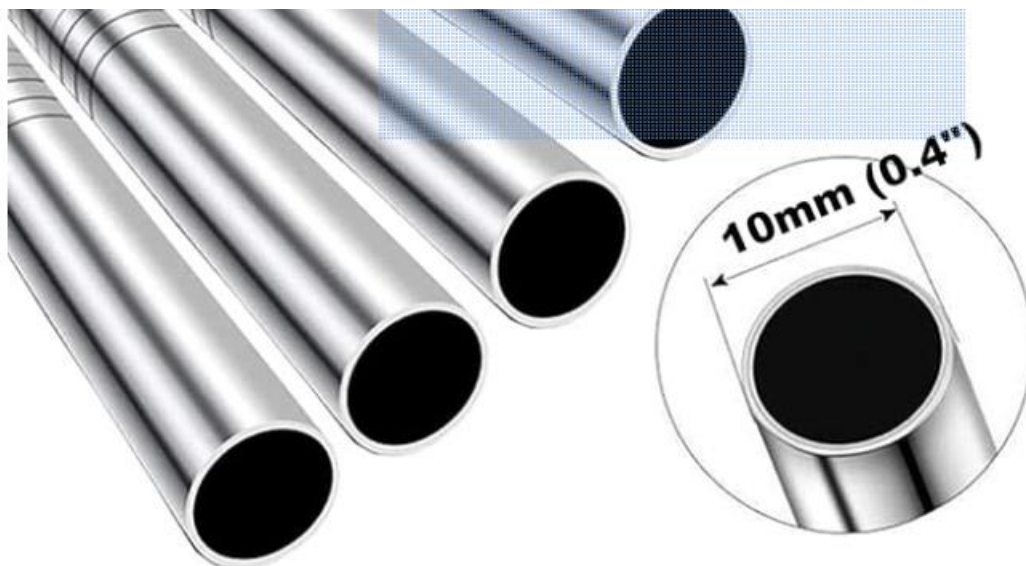
Developing the task further:

- Increasing the depth of the water and using a narrower straw will make each of these steps harder.
- After the above steps have been achieved, repeat the steps without the straw. We aim to maintain the same feeling in the throat muscles.
- The final step includes transferring these skills into speech. We aim to speak using the same muscular pattern and feelings.

Useful links:

Below are links for the types of straw suitable for Lax Vox.

This exercise would work best with a straight 'smoothie' straw (or Lax Vox tube) which has an inner diameter of 10-12 mm.



Either of the links below can be chosen; there are two included in case one of the straws is out of stock.

https://www.amazon.co.uk/MIXIAO%C2%AE-Glass-Straws-Reusable-Milkshake/dp/B07FTT5JND/ref=sr_1_31?dchild=1&keywords=9-12mm+diameter+smoothie+straw&qid=1595843706&sr=8-31

https://www.amazon.co.uk/ALINK-Stainless-Drinking-Reusable-Smoothie/dp/B07VCJQ8F5/ref=sr_1_15?dchild=1&keywords=9-12mm+diameter+smoothie+straw&qid=1595843575&sr=8-15

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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