Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Lax Vox Exercise

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# Lax Vox Voice Therapy Exercise

## Patient Information

## Speech and Language Therapy Department

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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.

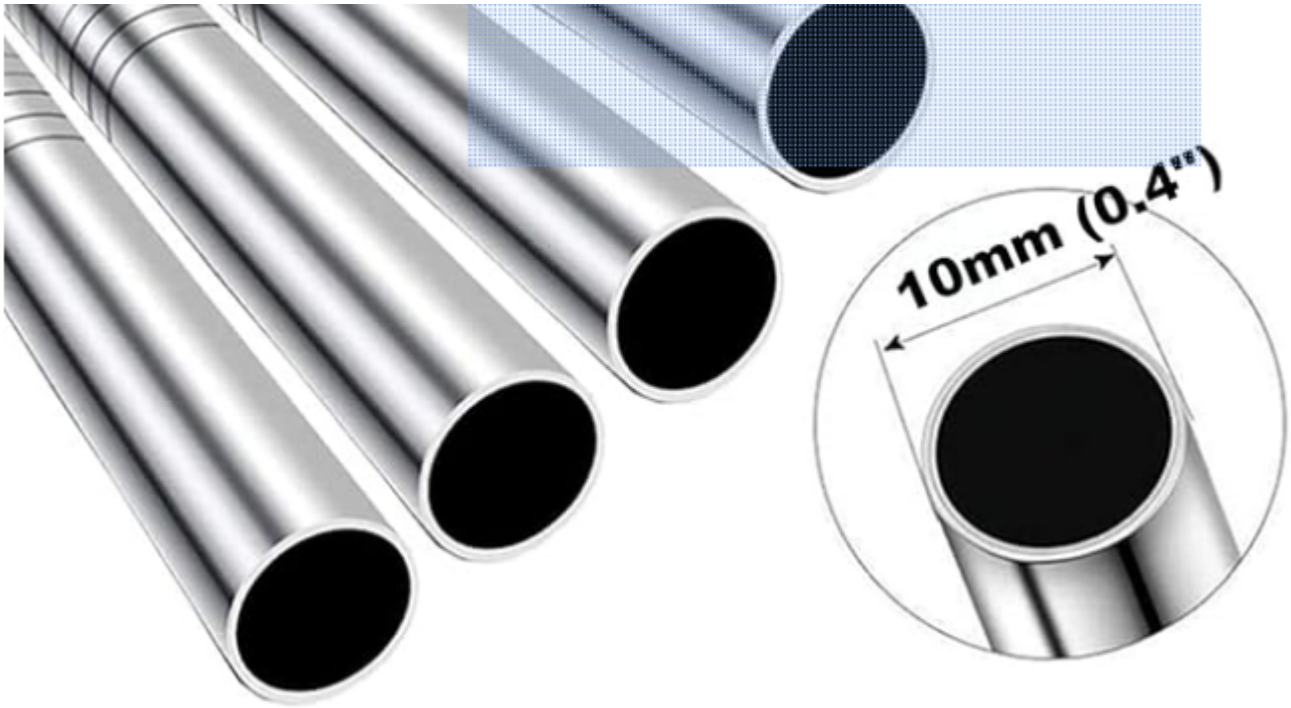
## Developing the task further:

- 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



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