Lax vox exercises (adult)

Therapy Department

Patient Information Leaflet

Introduction
The aim of these exercises is to:

1) help you to free your voice
2) promote good abdominal breathing and awareness of diaphragmatic movement (movement of your diaphragm).
3) build the air pressure below the vocal folds to enable them to come together with less muscular effort.

Exercises
- Use a sports bottle with lid or an empty milk bottle.
- Fill it to 200mls with warm or room temperature water.
- Hold the bottle between your hands.
- Place the thick tube into the beaker. Do not rest the tube on the bottom of the glass.
- Bend the tube towards you.
- Hold the tube with your teeth but do not bite it.
- Close your lips around the tube.
- Blow bubbles → feel the abdominal muscles working.
- As you are blowing bubbles, feel your cheek muscles wobble. Look in the mirror to check this is happening.
- Now, make the sound “oo” while you are blowing bubbles (the cheeks should wobble increasingly).
- Increase the volume on “oo” as if revving an engine on a Harley Davidson motorbike.
- Try going up a pitch (make a higher sound), glide and back:
  
  oo  oo
  oo  oo
  oo  oo

- Sing “happy birthday” through the tube. You should be able to feel increased vibrations and wobble of the muscle in your cheeks. Observe these by looking in a mirror.
- Now try and maintain that open feeling without the tube and blowing the bubbles. Do the exercises without the straw.

This leaflet can be made available in other formats and languages – please call

0800 073 0510