

### NHS

# Voice Exercise – Bubbling

Patient Information Leaflet

### Liverpool University Hospitals NHS Foundation Trust

Speech and Language Therapy
University Hospital Aintree
Lower Lane
Liverpool. L9 7AL
Tel: 0151 529 4986

#### Who is this exercise for?

These exercises are useful for people with changes to their voice and are also referred to as Lax Vox.

#### This exercise will:

- Automatically balance the way you make your voice
- Help to reduce tension in your throat
- Help your vocal cords to meet gently
- Encourage the use of natural breathing patterns

#### **Exercise instructions:**

- 1. Place 3cm of water into a cup or glass
- 2. Hum gently down the straw into the water
- 3. Keeping the straw in the water, hum up and down a scale
- 4. Keeping the straw in the water, hum familiar tunes e.g. Happy Birthday.



#### Remember:

- Make sure you are making bubbles
- Make sure you can hear your voice
- Do not breathe out down your nose
- You can check this by pinching your nose closed – the sound and the bubbles should not change.

### How often should the exercises be done?

It is recommended that you do this exercise for 1 minute every hour during the day.

Also do it before you are going to speak for a long period, or when you notice your voice getting worse.

#### **More Information**

http://www.laxvox.com/eng/index.html

### Who to contact with questions or concerns

Please contact your Speech and Language Therapist on 0151 529 4986







## If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation @aintree.nhs.uk

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