

Voice Exercise – Bubbling

Patient Information Leaflet

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.

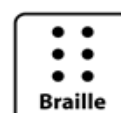
Also do it before you are going to speak for a long period, or when you notice your voice getting worse.

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