



Before Teaching You How to Prepare and Use Lax Vox Correctly, I believe it is very important for you to understand where this practice comes from, as it has become increasingly popular in recent years.

The widely known Lax Vox is one of many Semi-Occluded Vocal Tract Exercises (SOVTEs)—artificial elongations of the vocal tract that are extensively used in voice therapy, warm-ups, and vocal training.

Origin of Lax Vox:

The technique was developed by Marketta Sihvo, a Finnish voice therapist. Initially designed as a rehabilitation tool for individuals with voice disorders, it later gained popularity among singers, actors, teachers, and other professionals who rely heavily on their voice.

Lax Vox is based on tube phonation therapy principles, a common practice in Scandinavia that combines acoustic resonance and mechanical relief for the vocal folds. Scientific research has supported its effectiveness in both the prevention and treatment of vocal issues.



What Does Science Say?

Research has shown that these types of exercises increase the impedance of the vocal tract, specifically inertive reactance (inertance), which can positively influence the vibration of the vocal folds. Studies indicate that these exercises affect the degree of vocal fold adduction depending on the level of resistance to airflow.

Broadly speaking, scientific observations have noted:

- A larger pharyngeal area,
- A lowered vertical position of the larynx,
- Elevation of the soft palate,
- Modifications in the epilaryngeal tube outlet.

Most of these physiological changes suggest that SOVTEs are valuable tools for both individuals with voice disorders and professional voice users.

It has been established that vocal exercises involving artificial elongation of the vocal tract (such as tube phonation) or anterior narrowing of the vocal tract (such as sustained /b/ sounds) increase vocal tract impedance, particularly inertive reactance, which can favorably influence vocal fold vibration.




From a clinical perspective, a low Phonation Threshold Pressure (PTP) is desirable during voice exercises, as this change has been associated with a relaxed and healthy way of producing voice. Therefore, semi-occlusions and vocal tract elongation can have significant therapeutic effects, particularly if they truly induce laryngeal lowering.

Guzmán, M., & Salfate, L. (2018). Semi-Occluded Vocal Tract Exercises: Effects on Glottic Function, Aerodynamics, and Vocal Tract Configuration. Areté ISSN-L: 1657-2513, 18(2), 21-32. Retrieved from:

<https://revistas.iberamericana.edu.co/index.php/arete/article/view/1424>

In other words, the physiological changes produced by working with these exercises create healthier phonatory conditions for singers, strengthening vocal fold closure and enhancing the acoustic qualities of the voice.

 **Click on the following video to find step-by-step instructions on how to assemble your own Lax Vox and practice effective vocal exercises at home!**



[Lax Vox Guide](#)