



History of the LAX VOX® - tube exercise

By Sihvo, Marketta

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | QUICK First-Aid and Vocal Self Care | More than 25 years ago I found the inert material, silicon, for my therapy exercise. In my voice therapy I used with all patients the palpable inert tube, that was named LAX VOX. Thanks to the multi-sensory feed-back they quickly understood and felt relief. They eagerly started the daily training and did not wish long therapy. Basing on the patient's remarks I composed explanations in colloquial language and illustrations. - The oral pressure rises due to the water, and prevents excessive laryngeal tensions and improves the control of breathing. The conscious motor model serves as the bridge to habitual ergonomic speech. - I wanted to test this exercise truly, asking the patients' own opinions. The efficacy of the LAX VOX®-tube aided short voice therapy, 3-5 sessions, was tested five times during one year from two points of view, the Voice Activation and Participation Profiles, and the severity of dysphonic symptoms. The results show statistically significant improvements. | Format: Paperback | Language/Sprache: english | 144 gr | 220x150x5 mm | 84 pp.

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Reviews

Excellent electronic book and helpful one. Better then never, though i am quite late in start reading this one. You wont truly feel monotony at whenever you want of your time (that's what catalogues are for relating to when you question me).

-- **Mabelle Dach III**

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Doris Beier**