

# Vox Tube Singing – and Vocal Therapy Exercises

**Semi-Occluded Vocal Tract (SOVT)** exercises in general are those exercises in which there is some type of narrowing of the air passageway above the glottis. Here are several examples:

- ) Humming, NNNN, or NG→
- ) Hand over mouth
- ) Voiced Fricative consonants: V, Z, etc.
- ) Lip Trills (often called “bubbling”)
- ) Tongue Trills
- ) Narrow straw
- ) **Vox Tube in water**

The SOVT techniques help to create a healthy “back-pressure” equalizing the pressure of the air from the lungs against the glottis. In addition to relieving vocal tension, these exercises/techniques can also be used to improve the “standing wave” resonance which improves vocal RING.

## THE VOX TUBE, and DoctorVox and PocketVox

- ) **A Vox Tube is simply a glorified straw submerged in water...in a glass or bottle.**
  - o Food grade silicone, 3/8 inch internal diameter and 35cm long; submerged 2-5cm in water.
  - o Flexible tubing seems to be preferred. I presume it is because it is easier to maintain proper vocal alignment by bending the straw toward the mouth in the correctly positioned head.
- ) **DoctorVox or PocketVox are highly recommended and can also be used as a vocal humidifier.**
  - o Like Vox Tubes, vocalize into the straw/tube, blowing bubbles with tone.
  - o As a humidifier, inhale through smaller tube with water that is 100-115 degrees Fahrenheit – like breathing warm water vapor as if from steam.
  - o These devices are marked for easy and accurate adjusting of the tool to customize it for each singer’s needs
- ) **All of these Vox Tubes work essentially the same way, and a primary benefit is the way in which they massage the voice, which helps speed recovery (see “Benefits of Vox Tube usage/therapy” below)**
- ) **A primary goal of use is to Raise Awareness of vocal mechanism and many elements of vocal production**

## Uses of Lax Vox Therapy and what Research shows

- ) Used for many serious vocal issues in therapy including lesions, vocal polyps and nodules, frozen vocal folds.
- ) Used for many other significant vocal issues such as vocal abuse, tired or enflamed vocal folds, glottal onsets, forced tone,
- ) Used for many basic vocal development concepts used in singing such as lowering larynx, increasing resonance, bridging the passaggio, range extension

## Before Beginning

- ) Posture/Alignment for optimal singing is best.
- ) Breath management attention – just like for singing.
- ) Prepare the Vox Tube. Follow instructions that came with your DoctorVox or PocketVox. For a simple Vox Tube, one end in your mouth, between lips; the other end submerged in a glass or bottle of water, 2-5cm. Experiment with the depth to find the right feel of “balanced pressure”.
- ) Finding the right FIT. Adjust the amount of water so that the result is a very balanced sensation of pressure – equal above and below the larynx. This may also vary higher in your range, or with increased dynamic.

## While Using the Vox Tube

- ) Hold bottle near body so shoulders stay relaxed
- ) Fully enclose the tube with lips
- ) Keep cheeks loose (not tight). You should feel the bubble action on the inside of your cheeks.
- ) Soft palate is raised, closing off the nose. All of the sound is to come through the tube. NO AIR OR SOUND SHOULD BE COMING THROUGH THE NOSE when bubbling.
- ) Don't BITE the tube. Lips only!
- ) Tongue is relaxed and tip is touching lower gum ridge, with any vowel shape.
- ) Submerge other end into the water 2cm to start, then increasing to perhaps as much as 4-5cm. Some vocal conditions (such as frozen vocal cords) may require as much as 15cm!
- ) Inhale through nose
- ) As you prepare to "sing" into the tube, attend to abdominals and lower back. Notice...feel...experience
- ) Enlarge the ribcage slightly, hold it there, vocalize softly (at first as you learn the sensations)
- ) Consciously raise your awareness of body, resonating spaces (see photos below), laryngeal area, cheeks, jaw, tongue, neck, etc. Each gives important feedback to the process.
- ) Think: ***"When you breathe do not get out of the position of singing. When you sing, do not get out of the position for breathing!"***
- ) EXPERIMENT and NOTICE differences when:
  - o Changing the depth of the water. Find the "sweet spot" that feels like just the right balance of pressure of voice with that of the back pressure from the tube.
- ) Useful imagery
  - o [Proper] Voice comes from abdominal area, not larynx
  - o Imagine the bubbles are as if YOU are a tea kettle and the bubble are rumbling low at the bottom of your kettle (tummy) and your VOICE is the sound of the bubbles coming through your chest.
  - o Feel the bubbling in throat and mouth – and the cheeks should "tremble" with the bubbles.

## The Exercises

- ) Low-mid, single tone – try a few notes. Short tones and long tones on "hooooooooo"
- ) Glissandi several times. [Sirens – stretch more and more]
- ) Descending glides are best for developing a smooth register shift (chest → head and head → chest)
- ) Simple exercise – such as 1 2 3 4 5 4 3 2 1. Staccato and legato are both useful.
- ) Descending octave scale relatively high/mid – then down by ½ steps
- ) Staccato exercises – such as 13531

## More ADVANCED Exercises

- ) Quick 12345678987654321 up to C5(male) C6(female)
- ) Quick 1358531
- ) Octave leaps
- ) Arpeggios
- ) Various kinds of scales
- ) Vocal Fry through the Vox Tube
- ) Singing Songs or tricky patterns into the Vox Tube
- ) Think of different Vowel Shapes

## From Vox Tube to Regular Singing – Making the connections.

- ) Sing “hooo” into the tube, then immediately without the tube (i.e. normal singing), maintaining the same feel of the entire vocal instrument.
- ) Begin with the tube for the onset, then pull it away as you continue the tone into an open mouth exercise.
- ) Go back and forth between straw and normal singing every other phrase or repetition of the exercise.

## When and how often to use it

- ) Try small sessions frequently: Begin by using 1 minute every hour up to 5 minutes every hour.
- ) Use before and after performances and rehearsals.
- ) Use DURING break at rehearsals – or periodically between songs. RESET the voice!!
- ) Use first thing in the morning.
  - o Begin by inhaling vapor with 100-115 degree water for 3-5 minutes.
  - o Then 5 minutes of basic exercises as outlined above.

## Benefits of Vox Tube Usage/Therapy

- ) Optimal closure of the vocal folds and wider pharynx tend to occur immediately, and CAN be learned to carry over into speech and singing.
- ) Relieves Vocal muscular tension
- ) Reduction of Vocal Fold Inflammation
- ) Treats Vocal fold lesions, nodules and polyps
- ) Treats Vocal fold paralysis
- ) Promotes/facilitates the relaxed/lower larynx position
- ) Balancing the glottal attack
- ) Aids with warming up the voice and cooling down the voice
- ) Aids in finding, recognizing and learning to reproduce the optimal voice
- ) Developing smooth transitions over the passaggi
- ) Developing coordination of vocal muscle
- ) Increased vocal stability
- ) Vocal calibrator throughout the day
- ) Reduce fatigue after active voice use (use it after a rehearsal!!)
- ) Reduced “noise” in the sound



Vox Tube



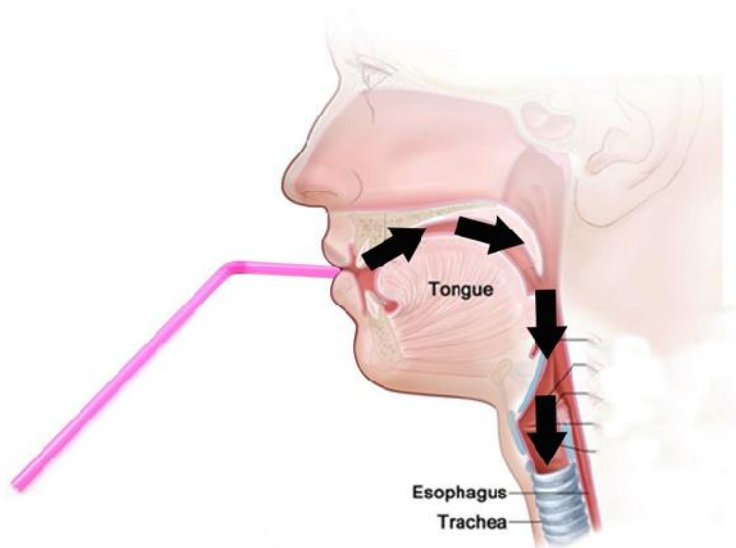
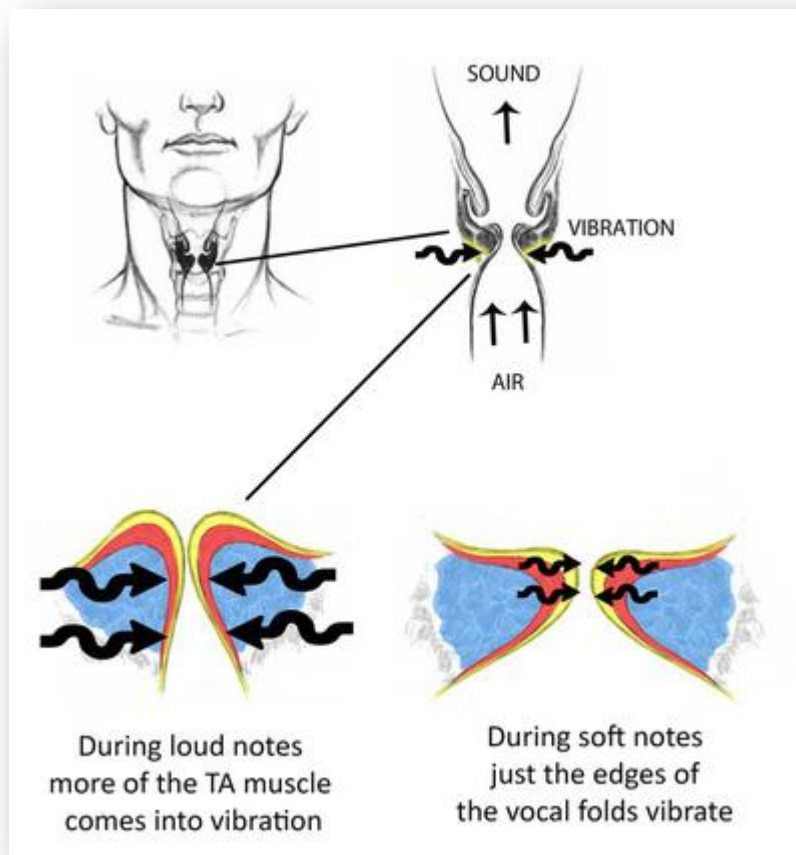
Doctorvox



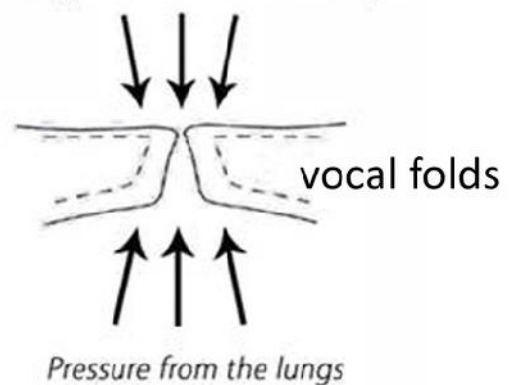
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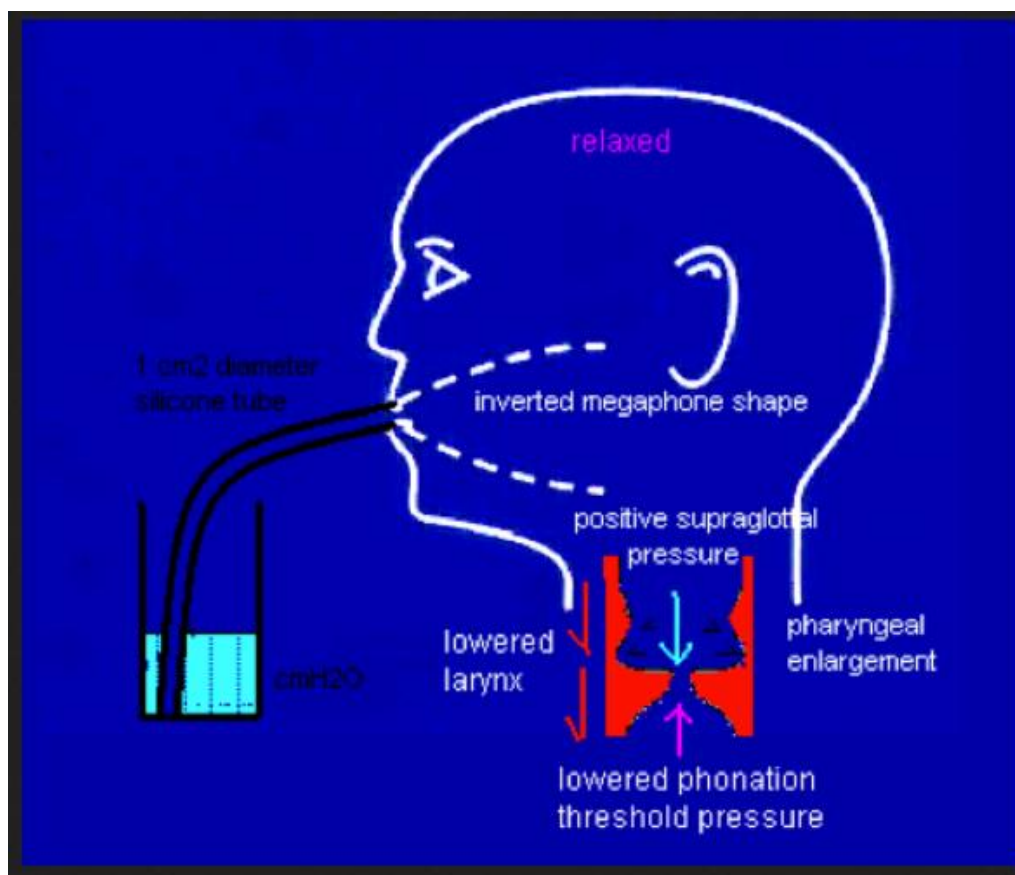
More back-pressure  
needed with louder  
singing to balance the  
increase in sub-glottal  
pressure.

NOTE: Breath Support  
eventually replaces  
the back pressure  
created by the Vox  
tube as the sensations  
are learned and  
practiced.



*Back pressure reflected at lips*







/u/ phonation without LV tube



/u/ phonation with the LV tube