

LAXVOX VOICE THERAPY TECHNIQUE: BRIDGING THE GAP BETWEEN THEORY AND PRACTICE

I. Denizoglu¹

¹Izmir MedicalPark Health Center Clinical Vocology Unit
ilterdenizoglu@doctorvox.com

Voice therapy techniques are behavioral therapy methods which use pedagogical approaches of arts training (ie. singing and theatre) and sound physics structured on medical grounds. The main goal is to obtain a target voice which is the best possible voice within the patient's anatomic and physiologic capabilities. Among numerous methods, Lax Vox Voice Therapy Technique (LVVT) with the combination of artificial elongation of vocal tract and semi occlusion by water resistance works as an effective tool for healing the voice production apparatus and improving its function. The 'domino effect' goes with lowering the larynx and proper abdominodiaphragmatic respiration. LVVT provides multichannel biofeedback through various exercises and creates holistic cognition of the vocalizing process.

Phonating into a tube one end in water is only a tool; not the goal. Indeed the LVVT has a multilevel/multidimensional dynamic algorithm which provides an action plan (preset-exploration-development-transfer) and tools (well defined exercises and devices) to the clinician. Monitorization strategy is based on motor learning principles. LVVT may be a therapy of choice for various functional and organic voice disorders such as muscle tension dysphonia, vocal fold nodules, habitual and psychogenic dysphonia or aphonia, unilateral vocal fold paralysis, mutational falsetto and presbyphonia. It is an effective method for pre- and post-operative voice therapy. LVVT is also a habilitative approach for professional speakers and singers desiring to learn vocal ergonomics and voice care.

In this instructional workshop, LVVT technique will be explained and participants will have opportunity briefly to practice LaxVox by themselves with the assistance of the new LaxVox device: pocketVOX.