

Troubleshooting

Make sure that the T-Valve device is not completely close the pocketVOX outlet airway. (Remove the valve and slightly push by turning the knob. To get higher pressure, the user should be insert the valve deeper into the tube.)

Care of the DC-Valve

doctorVOX T-Valve is specially designed to be used with pocketVOX Voice Therapy and Vocal Training Tool. It is made of high-quality polymer to provide maximum hygiene conditions. It can be hand-washed with hot water and a little detergent.

Precautionary Statements

Device will be DELETERIOUS if totally or partially broken. Only for use when mounted to pocketVOX Voice Therapy and Vocal Training Tool as defined by the manufacturer. Do not hold on fire! doctorVOX T-Valve is not a toy. Choking hazard: Please keep out of the reach of children and domestic animals. For respiratory training, use proper assembly of the devices defined by the manufacturer and read this manual carefully.

Warranty

We guarantee to replace our products in case of material or manufacturing defects which occur during the warranty period of two years from the date of sale. Natural discoloration, scratches due to daily use, damage due to improper use, incorrect cleaning, incorrect storage or intervention by third parties are not covered by the warranty. The proof of purchase must be enclosed in the event of a warranty claim. Guarantee services are provided by Doctor Vox Health Services and Medical Systems Ltd, Sumer 2 Street No:37/9 06420 Kizilay Ankara TURKEY. www.doctorvox.com

Legal information

These operating instructions contain the information required for proper use, correct operation and proper maintenance. Knowledge of and adherence to the instructions contained in this operating manual are prerequisites for safe use. Treatment and training must be supervised by competent clinicians and pedagogues.

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Contact Us

Do you have any questions or concerns?
Send us an email: info@doctorvox.com
Phone: +90 850 304 68 98

T-Valve for pocketVOX Instruction Manual



Thank you for purchasing the doctorVOX T- Valve.

This is an original DoctorVox Voice Therapy and Vocal Training product. doctorVOX T-Valve is made of high quality polymer class material. Please read these instructions for correct use and keep the manual for future reference. Should you require further information or should problems arise that are not described in this manual, please contact us directly for the required information. If these instructions for use are printed too small for you, please request the required information directly from info@doctorvox.com

Package Contents:

One doctorVOX T-Valve

Important Notes

- ▶ **Polyacetal (polyoxymethylene copolymer) is an FDA approved material for repeated food contact, sustainable hygiene and has a long lifespan when used properly.**
- ▶ **All DoctorVox devices and its accesories are not toys, and should not be left in the hands of children under the age of 3: Risk of swallowing, suffocation, and strangulation!**
- ▶ **Device will be DELETERIOUS if totally or partially broken. DO NOT USE IN THAT CASE!**
- ▶ **Handle with care, keep it in its specially designed bag when not in use.**
- ▶ **If you suffer from dizziness, convulsions or fainting, use the device only under supervision. Risk of falling and, suffocation.**
- ▶ **DO NOT use the device and drive!**



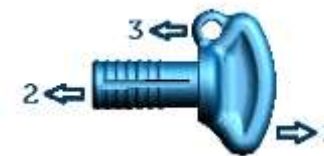
- ▶ If your voice feels tired or tense, take a break. Try using less backpressure. If the problems reoccur, consult your doctor, an ENT, vocal coach, speech therapist, or respiratory therapist.
- ▶ If devices is used by other people, they must be cleaned/disinfected thoroughly (i.e. hand-washed with hot water and kitchen-detergent, or swiped with a proper disinfecting swab) for hygienic reasons.

Product Specification

- ▶ doctorVOX T-Valve is a SOVT (Semi-Occluded Vocal Tract) tool with pocketVOX that provides DC support your voice during vocal training and voice therapy.
- ▶ doctorVOX T-Valve can be used to close the glottal gaps, vocal warm-up, and cool-down practice.
- ▶ By doctorVOX T-Valve used with pocketVOX, you can quickly prepare yourself for vocal performances like concerts, shows, auditions, lectures, conferences, etc.
- ▶ You can use T-Valve with the pocketVOX for respiratory training.

Description of the Device

1. Adjusting knob
2. mounting end for pocketVOX
3. pocketVOX connection hole



The Adjustment of backpressure

The T-Valve provides additional (high) backpressure to the user in order to create a 'cardio exercise' for the vocal system. Especially in vocal fold closure problems, when indicated, the high backpressure works as an overload, and may help for vocal muscle development as defined in sports medicine for athletes. This, obviously, is supposed to be supervised by a clinician or pedagogue who is experienced in DVT applications. T-Valve is attached the short curved side of the pocketVOX Voice Therapy and vocal Training Tool. The back-pressure created on pocketVOX is made by the T-Valve in addition to the level of the water in the bottle. The back pressure will increase as much as T-Valve inserted inside the pocketVOX inhalation outlet.

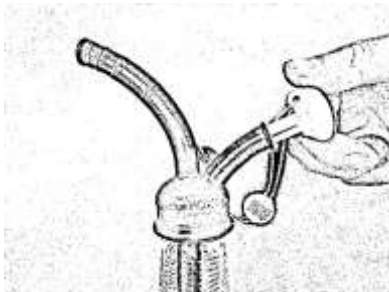
Description of Use

Before the First Use

Thoroughly hand-wash the t-Valve with water and a small amount of house detergent; then rinse and dry.

Assembly

Insert the straight end of the device into the inhalatory outlet of pocketVOX and slightly push it until a firm closure occurs. You can easily insert the valve to pocketVOX's short curved tube side by turning adjusting knob with a little push.



Disassembling

Slightly rotate and pull the T-Valve from the outlet tube of the pocketVOX.

How It Works

The physiological effect of the T-Valve is based on continuous (DC) backpressure. Thanks to this continuous backpressure, the work of the vocal folds becomes easier and safer. It helps vocal muscle developing and closure of functional glottic gaps when used properly. At the same time, the respiratory muscles work properly and strengthen, as they have to overcome the water resistance in addition to the tuning.

Phonation into the pocketVOX mounted T-Valve

- ▶ When used with pocketVOX, the tip of tube is submerged 2 cm into the water.
- ▶ After mounting the T-Valve to the inhalatory end (Short curved side); take the phonatory end of the tube (Long curved side) slightly between your teeth (Do not bite or narrow the silicone tube).
- ▶ The tongue lies relaxed behind the lower teeth. The lips enclose the end of the tube with a "kiss" without pressure, but airtight.
- ▶ Now blow and let the water bubble regularly. Increase the backpressure as described by the supervisor (clinician or pedagogue)
- ▶ Phonate into tube with the same regular bubbling pattern. (The primal sound is supposed to be found for this) Hold this tone and let the water bubble in a stable manner.
- ▶ Take care to keep your cheeks loose and vibrating with the bubbling. The jaw muscles should also be relaxed.
- ▶ Imagine your neck and throat wide and soft.
- ▶ Exercise with the primal sound for few minutes, three to ten times throughout the day.
- ▶ It helps developing your voice when used properly with a professional guidance.

Respiratory training with pocketVOX mounted T-Valve

- ▶ Fill the bottle with warm water (Not above 50°C/ 122°F)
- ▶ Adjust the amount of liquid so that the water level does not exceed the level 2.
- ▶ Place the pocketVOX tightly to the bottle neck.
- ▶ Mount the T-Valve to the inhalatory end of the pocketVOX
- ▶ Adjust the resistance by the adjusting knob of the t-Valve
- ▶ Breathe out **slowly** through the exhalatory tube end. Be careful not to push too much!

If you feel dizzy, stop exercise. Take a break for a few minutes and try again.

Videos

On the official website of your country you will find an extensive video library in English with instructions, explanations and further exercises. Visit: www.doctorvox.com or "DoctorVox Voice Therapy" on YouTube.