

Self Massage and Stretch

HOW TO CARE FOR THE MUSCLES THAT AFFECT YOUR VOCAL FOLDS AND LARYNX

1 SHOULDERS

- 1) ROLL OUT YOUR SHOULDERS - 5 TIMES FORWARDS AND 5 TIMES BACKWARDS
- 2) GRAB HOLD OF THE TRAPEZIUM MUSCLE (JUST BEHIND YOUR COLLAR BONE) WITH YOUR THUMB AND PINKY FINGER AND GIVE IT A MASSAGE AND A WIGGLE TO ACTIVATE IT. REPEAT ON THE OTHER SIDE.
- 3) DRAW YOUR EAR TOWARDS ONE SHOULDER AND PLACE YOUR HAND ON TOP OF YOUR HEAD TO ADD SOME WEIGHT. ACTIVELY PULL DOWN THE OPPOSITE SHOULDER AND ENJOY THE STRETCH. DIAL YOUR HEAD UP AND DOWN TO FEEL IT IN DIFFERENT AREAS.



2 NECK

- 1) ROLL YOUR NECK OUT BY DRAWING A CIRCLE WITH YOUR NOSE - 5 TIMES ONE WAY AND 5 TIMES THE OTHER.
- 2) LOOK TOWARDS ONE SHOULDER AND GRAB THE BIG MEATY MUSCLE ON YOUR NECK ON THAT SAME SIDE. ONCE YOU HAVE A GOOD GRIP TURN YOUR HEAD FORWARDS AND SIMPLY HOLD THE MUSCLE. EXPLORE FURTHER BY GRAB DIFFERENT PARTS OF THE SAME MUSCLE. REPEAT ON THE OTHER SIDE.
- 3) USING YOUR THUMB, GENTLY APPLY PRESSURE WHILST DRAWING A LINE FROM THE BOTTOM OF ONE EAR, DOWN THE NECK UNTIL YOU REACH THE COLLAR BONE. REPEAT THIS A FEW TIMES ON EACH SIDE.
- 4) DRAW YOUR EAR TOWARDS ONE SHOULDER, DIAL YOUR HEAD DIAGONALLY TOWARDS THE CEILING AND LIFT YOUR CHIN. YOU SHOULD FEEL A NICE STRETCH IN THE FRONT OF YOUR NECK.



3 JAW

- 1) DRAG THE PALMS OF YOUR HANDS DOWN YOUR FACE, ACTIVELY PULLING THE JAW OPEN.
- 2) DROP THE JAW AND FIND YOUR JAW HINGE. USING THE HEEL OF YOUR HAND, DRAW SMALL CIRCLES TOWARDS YOUR EARS ON BOTH SIDES AT THE SAME TIME.
- 3) USING YOUR THUMBS, ON BOTH SIDES OF YOUR FACE, DRAW A LINE FROM YOUR TEMPLE, PAST YOUR EARS, UNDER THE JAW BONE AND FLICK THEM OFF YOUR CHIN. REPEAT A FEW TIMES.
- 4) MIMIC SOME EXAGGERATED CHEWING MOTIONS TO STRETCH OUT THE JAW MUSCLES.



4 TONGUE ROOT

- 1) FIND THE FLESHY PART UNDERNEATH YOUR CHIN AND USING YOUR THUMBS, FOLLOW THE LINE OF YOUR JAW BONE, APPLYING GENTLE PRESSURE. REPEAT A FEW TIMES.
- 2) PLACE THE TIP OF YOUR TONGUE BEHIND THE BOTTOM TEETH AND STRETCH THE BLADE OF YOUR TONGUE OUT OF YOUR MOUTH. REPEAT THE SAME ACTION AS STEP 1.
- 3) STRETCH YOUR TONGUE OUT AS FAR AS IT CAN GO, KEEPING IT STIFF. AFTER A COUNT OF 3, LET YOUR TONGUE FLOP WITHOUT ALLOWING IT TO RETREAT BACK INTO YOUR MOUTH. REPEAT A FEW TIMES.
- 4) TRACE YOUR TONGUE ALONG THE FRONT OF YOUR TEETH IN CIRCLES ONE WAY AND THEN THE OTHER. ONCE IT STARTS TO ACHE, TRACE THE LETTERS OF YOUR NAME BOTH FORWARDS AND BACKWARDS.



5 FACE AND LIPS

- 1) LOOSEN THE SKIN ON YOUR FACE WITH THE PALM OF YOUR HAND AND THEN GIVE YOUR FACE MUSCLES A GOOD MASSAGE ALL OVER BY APPLYING A LITTLE MORE PRESSURE.
- 2) GRAB YOUR TOP LIP WITH YOUR THUMB AND FINGER AND GIVE IT A GOOD SHAKE. REPEAT WITH THE BOTTOM LIP.
- 3) WITH YOUR FINGERTIPS, TAP ALL OVER YOUR FACE, MIMICKING A TINGLING SENSATION.



Finally take a deep breath and enjoy the relaxation