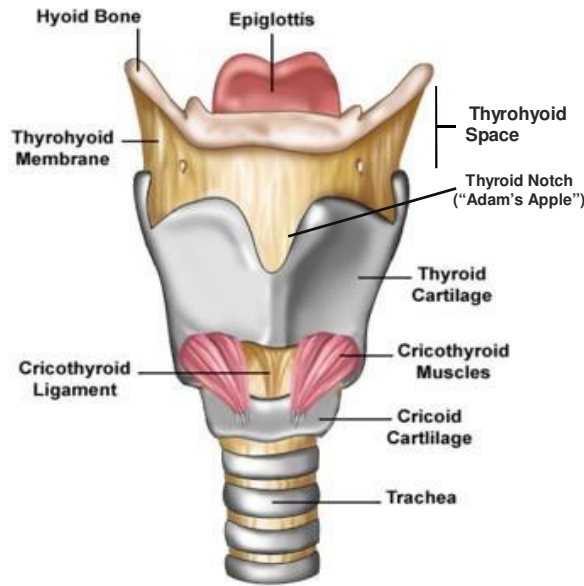


Laryngeal Massage

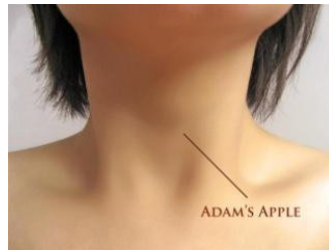


Review of the anatomy:



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Step 1: Locate your thyroid notch (a.k.a. "Adam's Apple") – this is the bump on your throat



**Note: For women, the cricoid cartilage may protrude more than the thyroid cartilage. When you feel the bump, slide your finger slightly upward and feel for a notch (thyroid cartilage). Be sure to identify the thyrohyoid space; that's where the muscles are located*

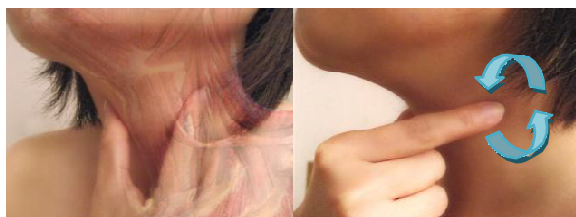
Step 2: Place your index finger and thumb on both sides slightly above your Adam's Apple (in the thyrohyoid space)



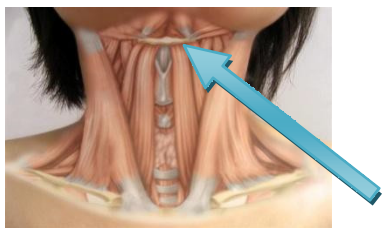
Index finger can serve as a reference point



Step 3: With slight pressure, massage the muscles on both sides in a circular motion



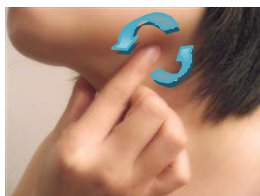
Step 4: Locate your hyoid bone (where the back of your jaw and the neck meets)



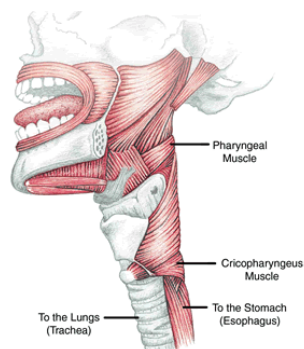
Step 5: Place your index finger and thumb on both sides just above the hyoid bone (Pinch the back of your tongue)



Step 6: With slight pressure, massage the muscles on both sides (in the suprahyoid area) in a circular motion (*Note: suprahyoid area = area above the hyoid bone)

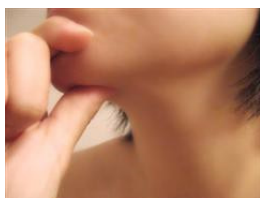


Step 7: Locate the bottom of your jaw



www.mda.org

Step 8: Anchor your index finger on your chin. Place your thumb underneath your jaw



Step 9: Massage the bottom of your tongue (Base of Tongue muscles) by moving your thumb in a “forward & backward” motion

