

Side of neck massage and voice box rocking

1. To massage the neck muscles, place the fingers of your left hand flat along the right side of your neck and rub in a circular motion from up beneath your ear down the entire side of the neck. Move the circles forward and back on the side of your neck. Repeat with the fingers of your right hand along the left side of your neck. (see image A)
2. To massage and help loosen the voice box, with both hands place the pads of your fingertips along each side of the voice box and gently rock the structure side to side. It is normal and not harmful to feel and/or hear creaking and clicking when rocking the voice box side to side. Be sure to keep the head in a neutral position and not tilted back or down when rocking the voice box. (see image B)
3. Next massage the voice box by laying one index finger horizontally across the voice box. Jiggle your finger up and down quickly along the voice box, moving the finger to different positions along and around the voice box. This can be done while sustaining an “ah” sound or not. (see image C)



A.



B.



C.