

LARYNGEAL MASSAGE

PULL DOWN

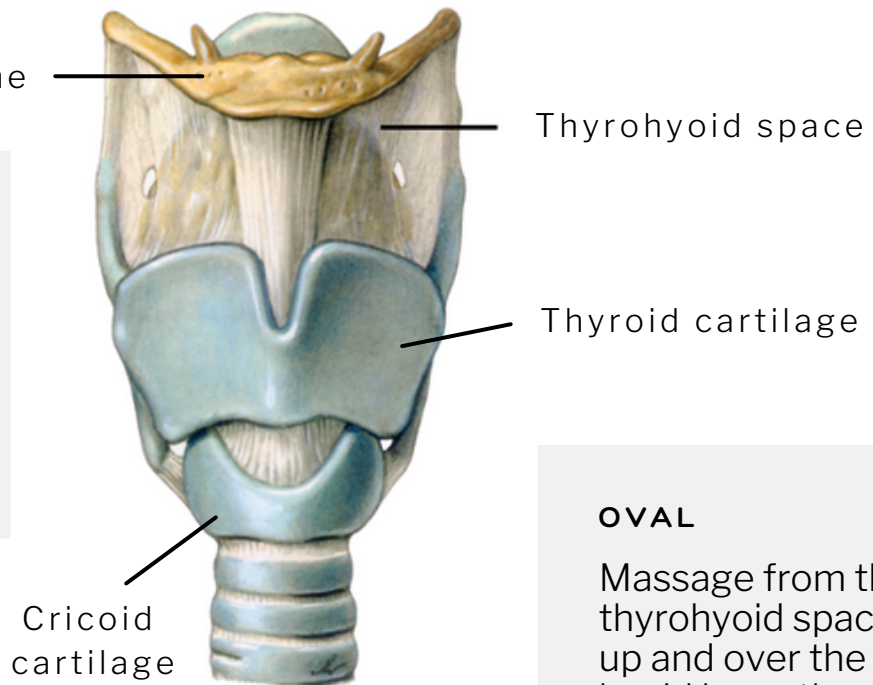
Drag the larynx downward using your thumb and fingers on either side

SIDE TO SIDE

Gently move the thyroid cartilage side to side. Then do the same with your hyoid bone.

CIRCLES

Massage the thyrohyoid space with small, circular movements, working from front to back



OVAL

Massage from the thyrohyoid space up and over the hyoid bone then back down into the space

STRETCH

Place two fingers on one hand above the thyroid cartilage and two fingers with your other hand below the thyroid cartilage to give yourself a nice stretch

KNEAD

Knead the soft tissue under your chin with both thumbs