

## MUSCLES THAT INFLUENCE THE LARYNX

### 1 – Masseter = Clenches Jaw

Relax it by running fingers down side of cheekbone in front of ears from cheekbone to bottom of jaw.

### 2 – Pterygoil (terrygoyd) = Helps with Chewing

It is attached below the cheekbones. Relax it by making small circles both directions.

### 3 – Temporal = Helps to Open & Close Mouth

Above ears – open and close mouth to feel it.

To relax it make broad circles both directions.

