

## The Anatomy of the muscles of the neck

Take a medium sized ball at the back of the neck. Roll the head back and forth as if saying “no” on the ball. Here you feel the **splenius**. Move the ball up toward the occipital ridge and feel the **semispinalis**.

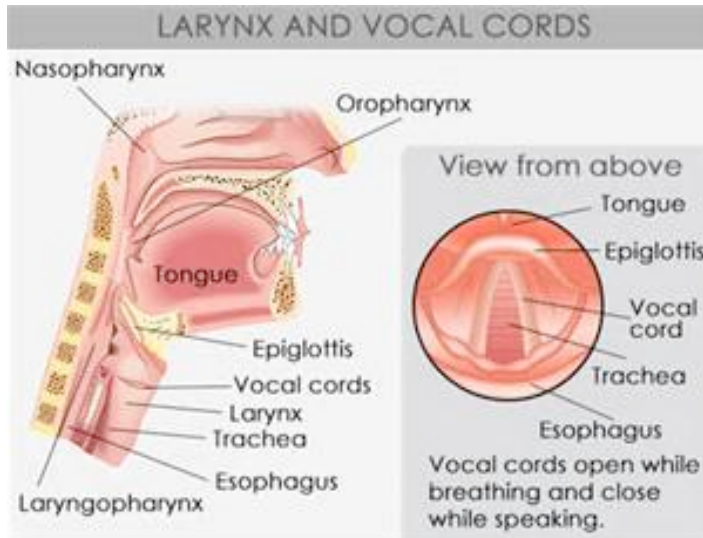
Place the ball on the top of your shoulders and lift your bottom. Here we find the **trapezius**. Set your bottom down and go up toward the neck with the ball, staying behind the ear and feel the **splenius capitis, levator scapulae** and the **scalenus**.

Sitting up, place your hands behind your ears and tilt your head back. Trace this muscle down to the clavicle his big muscle is the **sternocleidomastoid (SCM)**.

Now, place your hand gently at your throat on either side of your **esophagus** right up next to your neck. Swallow and feel the movement of the **hyoid bone**. It moves up and down. Move your hand up and under your jaw and swallow again. You are feeling the **superhyoid muscles**. These muscles work the **tongue**, elevate the hyoid bone during swallowing and depress the jaw. Move your hand below the hyoid bone. Here we find the **infrahyoid muscles**. They resist elevation of the hyoid bone during swallowing and they elevate and depress the larynx. Make a high pitched “ah” sound and then a low pitched “ah” sound and feel these muscles working.

Move your hand up your jaw to the hinge joint of the jaw. Move your jaw up and down as if your are chewing. This is the **temporomandibular joint (TMJ)**. The muscles that move the jaw are the **temporalis, masseter, medial pterygoid**, and the **lateral pterygoid**.

**The vocal cords** - Vibrating your truth. Place your hands at your throat and say, *haaaa* as you exhale. Feel the vibration.



**The ears** - Listening is as important as speaking. Stop for a moment and listen to the sounds around you. What do you hear?

