<https://youtu.be/H5C2ptVb5jw>

Self-Help Video #6 Part 1: Exercises for throat support muscles of shoulders and chest

(begin at 1:20 minutes to bypass Medical Disclaimer)

History of the Human Voice:

<https://www.pluralpublishing.com/publications/odyssey-of-the-voice>

About the 4th week of gestation, the six pharyngeal arches develop its own artery, a cranial nerve that controls a distinct muscle group, and skeletal tissue. Eating involves the coordinated action of eyes, jaw, ears, nose, and associated neural networks which are innervated by the vagus nerve. By week 14, the bio-chemicals which are associated with the vagus nerve, the head brain, the gut brain, and the heart, are functioning in wave synchronicity survival behavior

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4654789/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4654789/)

[www.ncbi.nlm.nih.gov/pmc/articles/PMC4010966/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4010966/)

The vocal apparatus develops from birth and changes during puberty. The bio-chemical synchronicity is vital for the interaction between breathing, swallowing, and vocalization.

[www.ncbi.nlm.nih.gov/pmc/articles/PMC2749282/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2749282/)

<https://badgut.org/information-centre/a-z-digestive-topics/wonders-of-the-esophagus/>

<https://nyulangone.org/locations/voice-center/voice-swallowing-airway-conditions-we-treat>

<https://open.oregonstate.education/aandp/chapter/23-3-the-mouth-pharynx-and-esophagus/>

Tension impacts all unconscious synchronicity events. Do tension reduction exercises for the supportive muscles of shoulders, upper chest, rib cage, spine, and pelvic area to relax the throat and increase breath capacity.

<https://www.voicescienceworks.org/breath.html>

<https://singwell.eu/chest-muscles-singing/>

Do Progressive Relaxation while lying down, with 4-8 Breath pattern; add “yawn and sigh,” Body Scanning and Mindful Senses.

Then in sitting position, integrate the facial exercises.

Do support muscles exercises standing. Keep all other body parts and facial muscles in a relaxed state. Do not strain, move slowly. The slowness of movement of learning a new technique increases new neuronal brain growth. Brain plasticity needs slow actions. This exercise has six steps. Do each step for 5 breath cycles.

First: Raise both of your shoulders as high as you can, trying to touch your ears. As you raise your shoulders, tense the muscles and inhale for 4-count. Relax completely to normal shoulder position as you exhale and sigh on 8-count.

Second: Lower both shoulders as you tense the muscles and inhale for 4-count. Relax completely to normal shoulder position as you exhale and sigh on 8-count.

Third: Pull shoulders forward as you tense the muscles and inhale for 4-count. Relax completely to normal shoulder position as you exhale and sigh on 8-count.

Fourth: Push shoulders backwards as you tense the muscles and inhale for 4-count. Relax completely to normal shoulder position as you exhale and sigh on 8-count.

Fifth: Combine these four shoulder positions into a circular movement. Begin with up, then backwards, then down, then forward. Continue with the 4-8 breath and sigh pattern, but the timing of breath with the shoulders circles is flexible with your speed of movement.

<https://www.exercise.com/exercises/shoulder-circles/>

Sixth: Coordinate your shoulders into circles in opposition to each other. Move right shoulder up, as you move left shoulder down. Move right shoulder backwards as you move left shoulder forward. Move right shoulder down as you move left shoulder up. Move right shoulder forward as you move left shoulder backwards.

The next exercise expands the chest area for breath as well as strengthening the back support muscles. You may have seen this exercise demonstrated in a lying down position or in yoga as the “cat-cow” posture. The standing position strengthens the support muscles for the breath as you walk.

It has 4 movements, plus a circular motion. With all the following movements, begin from comfortable standing posture. Keep your shoulders relaxed and not involved in this exercise. Do each step with 4-count inhale on the tensing, and 8-count exhale on relaxing to standing posture and sighing.

First movement: Chest up and Back forward. Tense and arch your mid-lower back area and aim your chest forward and upwards towards the ceiling (the “cow”). Relax.

Second: Chest down and Back hunched. Tense and hunch your mid-lower back area and aim your chest downwards (the “cat”). Relax.

Third: Chest slide to right. Tense and push your rib cage to the right. Relax.

Fourth: Chest slide to left. Tense and push your rib cage to the left. Relax.

The circular: Continue with the 4-8 breath cycle and sigh, but in frequency based upon your speed in movement. Tense and arch your mid-lower back area and aim your chest forward and upwards towards the ceiling (the “cow”). Slide chest rib cage to right without returning to standing posture position. Continue to hunching your mid-lower back area and aiming your chest downwards (the “cat”). Slide chest rib cage to left without returning to standing posture position. Continue the circular chest/spine movement for 5 cycles. Then reverse the direction for 5 cycles.

<https://www.youtube.com/watch?v=KZw23UOPtho>