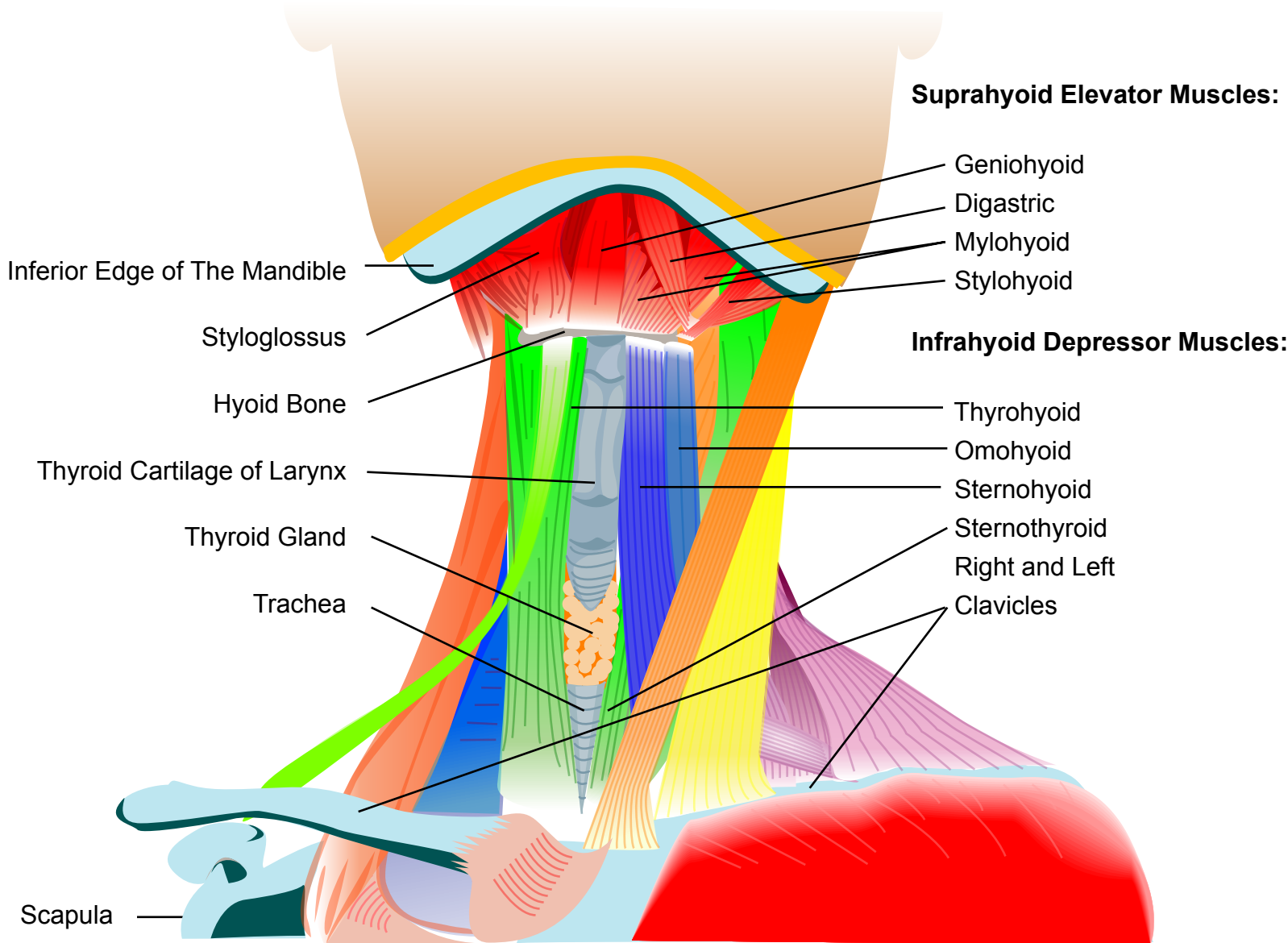


Extrinsic Muscles of the Neck



The Extrinsic Muscles and Singing: The elevator muscles lift the larynx when we swallow; they are also known as the swallowing muscles. Singers often (incorrectly) engage these extrinsic swallowing muscles and hike the larynx to reach high notes. The depressor muscles lower the larynx. We use "imposed larynx" sounds temporarily to counter-act the singers' tendency to hike the larynx. To avoid voice breaks, the larynx should remain stable and relaxed as pitch ascends. We can teach you to sing from low to high without flipping or cracking at singlikeastar.com

For more information about how your voice works please visit www.singlikeastar.com

