The tensor tympani muscle works to dampen vibrations in the middle ear caused by chewing and our own voices.

Exercises with ear movements and swallowing. Do these exercises many times a day.

* Ear wiggling
* Swallowing
* Yawning – big yawns to open ET
* Valsalva – activate the ET (Eustachian Tube) movement
* Massage ear area
* Warm compress to area – warm pillow to relieve muscle tension

Trying to voluntarily control the Tensor Tympani to break the cycle of the TTTS.