
How to Control Tensor Tympani Muscle

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What you are aiming for:

Tensor tympani contraction has been described as causing:

- Muffling of hearing/ dampening sound volume
- Sense of fullness
- Fluttering
- Rumbling noise
- Sound of blowing/ the sea/ wind/ like blowing on a microphone/ bowling ball rolling down bowling alley/ distant thunder or avalanche

A similar effect is replicated by:

Pushing the soft triangular ear cartilage (tragus) against the ear canal to block the canal

Tensor tympani contraction can be caused by:

Voluntary contraction

“Tensing your ears”/ “flexing or tensing inside your ears”

Or:

Associated with other actions:

- Forcible eye closure
- Yawning
- Wide jaw opening
- Jaw clenching
- Swallowing hard
- Wiggling ears

Suggested techniques to identify sound/ muscle:

- Try clenching eyes shut very hard
- Tensing jaw
- Yawning
- Yawning without opening mouth

Developing voluntary control:

Once identified the sound/effect then practising replicating without yawning/closing eyes etc

Most of this information is compiled from the social media forum dedicated to TT control; <https://www.reddit.com/r/earrumblersassemble>. This seems to be going viral having increased from 55,000 members less than 3 weeks ago, 56,000 one week ago, to over 60,000 currently.

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