

# Equaleasy - Equalisation techniques



1.

When we use the Valsalva manoeuvre, the glottis...

- A. It's closed
- B. It's open

None

2.

Pinching your nose during equalisation...

- A. It is essential, if I do not do it the air would escape from the nostrils
- B. I can equalise without pinching my nose

None

3.

The Frenzel' manoeuvre vs Valsalva...

- A. It is safer than Valsalva
- B. It is less practical and less effective

None

4.

In the unlikely event of a reverse block...

- A. The only way is to descend to comfort level and slowly ascend again
- B. Some advanced equalisation techniques can help

None

5.

In the Frenzel manoeuvre...

- A. The tongue compresses the air in the oral cavity, therefore only pressure is involved
- B. Both pressure and mechanical movement is typically involved

None