



The diaphragm is the primary muscle used in respiration, which is the process of breathing.

This dome-shaped muscle is located just below the lungs and heart. It contracts continually as you breathe in and out.

It also has some non-respiratory functions as well. The diaphragm increases abdominal pressure to help the body get rid of vomit, urine, and feces. It also places pressure on the esophagus to prevent acid reflux.

When your diaphragm is affected due to a neurological event, it affects your voice quality as well.

INFO VIA [HEALTHLINE.COM](https://www.healthline.com)