

Facial Palsy Exercises



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The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Do these exercises in front of a mirror, several times a day:

1. raise eyebrows, wrinkling forehead as in surprise or fright
2. draw eyebrows together as in frowning
3. close eyelids firmly, close eyelids gently
4. widen apertures (opening) of nostrils, as in forced or difficult breathing
5. draw point of nose downward narrowing the nostrils
6. pull skin of nose upward, forming wrinkles over bridge of nose
7. draw angle of mouth straight upward, deepening the furrow from side of nose to side of the mouth as in sneering
8. draw angle of mouth backward, like a grimace
9. draw angle of mouth upward and outward as in smiling. Allow the affected side of the mouth to move first
10. raise and protrude (stick out) your upper lip as if to show the upper gums
11. draw lower lip and angle of mouth downward and outward, tensing skin over the neck
12. close lips and protrude them forward as in whistling
13. press cheeks firmly against side of teeth, pulling back the angle of the mouth as in blowing a trumpet
14. raise skin of chin (lower lip will protrude)
15. draw down angle of mouth
16. protrude lower jaw
17. raise upper lip
18. look straight up towards your brow
19. look straight down towards your mouth
20. look horizontally inward towards your nose (cross-eyed)
21. look horizontally outward away from nose, straight ahead
22. put your hand under your chin and push your hand away with your chin.

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