

Facial exercises after a stroke

After a stroke the muscles of the face may be weak. There may be difficulty in producing facial expressions such as smiling, displaying emotion, problems with eating and drinking and difficulty in speaking, for example in pronouncing certain words.

The exercises and techniques demonstrated in these videos are to help you regain and improve your facial movement. Not all the exercises will be suitable for you. You and your family will be advised by your therapist which exercises are best for you, when to do them and for how long.

These videos will also help your relatives/friends understand what it is you need to do and help ensure that the exercises are being performed correctly.

Remember that the best exercise of all for your face is for you to be with other people. This will help encourage more natural and spontaneous facial expressions and facial movement.

These exercises should only be undertaken after you have been assessed by your therapist. Not all of the exercises will be appropriate for you. You will be advised which of the exercises you should be doing. Do not undertake any of the exercises or techniques that have not been demonstrated or recommended as they may do more harm than good.

Contents:

One handed techniques - suitable for stroke patients, left/right

Chapter 1: Warm up - facial massage

Chapter 2: Facial symmetry

Chapter 3: Facial exercises

Chapter 4: Spontaneous smile

Chapter 5: Lip exercises

Chapter 6: Taping to support the cheek

Chapter 7: as above - right hand

DVD running time 28 minutes

Thanks to our patients for their valuable contribution in the making of this facial exercise programme.

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DVD 2015

University Hospital Southampton 
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Lorraine Clapham 2015

