

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.

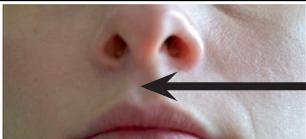
Remember that the best exercise of all for your face is for you to be with other people. This will help encourage more natural and spontaneous facial expressions and facial movement.

These exercises should only to 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.

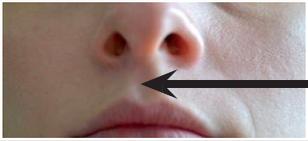
Content

One handed techniques - left/right

- Facial massage
- Facial symmetry exercises
- Facial exercises
- Lip exercises
- Taping to support the cheek

Left hand techniques - copy the movements	Tick exercises
Facial massage warm up - Apply moisturiser	
Temples - massage first one side then the other side in a circular motion	
Forehead - massage across your forehead in a circular motion	
Forehead - gently massage forehead in an upward direction	
Cheeks - massage first one side then the other side in a circular motion	
Jaw line - massage first one side then the other side in a circular motion	
Chin - massage chin in a circular motion	
Facial symmetry exercises using your left hand	
	Try and keep this part (philtrum) in the middle
Lip pull - gently pull bottom lip forward	
Lip pull - gently pull top lip forward	
Cheek stretch - gently massage cheek in a downward direction. First on one side then on the other side.	
Long Os - gently open mouth and make a large round O shape, massage cheek in a downward direction, first on one side then on the other side	
Kiss - place index finger just in front of your lips and gently kiss your finger	
Blow - you will need a paper tissue, gently blow on the tissue	
Facial exercises	
Frown	
Raise eyebrows	
Nose wrinkle - imagine you can smell freshly baked bread	

Small smile first on the good side (your left cheek)	
Small smile, then on the weak side (your right cheek)	
Small smile both sides try and keep the philtrum in the middle	
Sad face	
Spontaneous natural smile. Can you remember something funny that has happened to you - let's try that smile.	
Lip exercises - copy the movement and sounds, try and keep the philtrum in the middle	
Sh, Sh, Sh, Sh, Sha, Sha, Sha, Sha, Shoo, Shoo, Shoo, Shoo, She, She She, She	
F, F, F, F, Fa, Fa, Fa, Fa, Fo, Fo, Fo, Fo, Fee, Fee, Fee, Fee	
V, V, V, V, Va, Va, Va, Va, Vo, Vo, Vo, Vo, Vee, Vee, Vee, Vee	
R, R, R, R, Ra, Ra, Ra, Ra, Ro, Ro, Ro, Ro, Ree, Ree, Ree, Ree	
Mmmm, M, M, M, M, Ma, Ma, Ma, Ma, Moo, Moo, Moo, Moo, Me, Me, Me, Me	
P, P, P, P, Pa, Pa, Pa, Pa, Po, Po, Po, Po, Pee, Pee, Pee, Pee	
B, B, B, B, Ba, Ba, Ba, Ba, Boo, Boo, Boo, Boo, Be, Be, Be, Be	
Lip seal - Hold a small amount of air in mouth and move it from side to side to improve lip seal. You can try doing this with a little water.	
Taping to support cheek - This can be helpful when eating and drinking	

Right hand techniques - copy the movements	Tick exercises
Facial massage warm up - Apply moisturiser	
Temples - massage first one side then the other side in a circular motion	
Forehead - massage across your forehead in a circular motion	
Forehead - gently massage forehead in an upward direction	
Cheeks - massage first one side then the other side in a circular motion	
Jaw line - massage first one side then the other side in a circular motion	
Chin - massage chin in a circular motion	
Facial symmetry exercises using your right hand	
 Try and keep this part (philtrum) in the middle	
Lip pull - gently pull bottom lip forward	
Lip pull - gently pull top lip forward	
Cheek stretch - gently massage cheek in a downward direction. First on one side then on the other side.	
Long Os - gently open mouth and make a large round O shape, massage cheek in a downward direction, first on one side then on the other side	
Kiss - place index finger just in front of your lips and gently kiss your finger	
Blow - you will need a paper tissue, gently blow on the tissue	
Facial Exercises	
Frown	
Raise eyebrows	
Nose wrinkle - imagine you can smell freshly baked bread	
Small smile first on the good side (your right cheek)	

Small smile, then on the weak side (your left cheek)	
Small smile both sides try and keep the philtrum in the middle	
Sad face	
Spontaneous natural smile. Can you remember something funny that has happened to you - let's try that smile.	
Lip exercises - copy the movement and sounds, try and keep the philtrum in the middle	
Sh, Sh, Sh, Sh, Sha, Sha, Sha, Sha, Shoo, Shoo, Shoo, Shoo, She, She, She, She	
F, F, F, F, Fa, Fa, Fa, Fa, Fo, Fo, Fo, Fo, Fee, Fee, Fee, Fee	
V, V, V, V, Va, Va, Va, Va, Vo, Vo, Vo, Vo, Vee, Vee, Vee, Vee	
R, R, R, R, Ra, Ra, Ra, Ra, Ro, Ro, Ro, Ro, Ree, Ree, Ree, Ree	
Mmmm, M, M, M, M, Ma, Ma, Ma, Ma, Moo, Moo, Moo, Moo, Me, Me Me Me	
P, P, P, P, Pa, Pa, Pa, Pa, Po, Po, Po, Po, Pee, Pee, Pee, Pee	
B, B, B, B, Ba, Ba, Ba, Ba, Boo, Boo, Boo, Boo, Be, Be, Be, Be	
Lip seal - Hold a small amount of air in mouth and move it from side to side to improve lip seal. You can try doing this with a little water.	
Taping to support cheek - This can be helpful when eating and drinking	