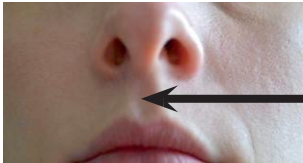


The facial exercise programme

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

- Facial massage
- Facial symmetry
- Facial exercises
- Lip exercises
- Eye
 - Manual blink
 - Lid stretch
- Taping to support the cheek when eating and drinking

	Tick exercises
Facial massage warm up - Apply moisturiser	
Temples - massage both sides using circular movements	
Forehead - massage using circular movements	
Forehead - massage using zigzag movements across your forehead	
Cheeks - circular movements in a downward direction	
Jaw line - circular movements	
Chin - circular movements	
Facial symmetry exercises	
	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 cheeks in a downward direction	
Long Os - gently open mouth and make a large round O shape, massage cheeks in a downward direction	
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	
Small smile, then on the weak side	
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	
Lip raise and lower with spatula	
Gently try and move lip away from the spatula	
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.	
Eye	
Manual blink. Look down and place back of index finger just below your brow line. This should close the eye.	
Lid stretch - look down, place index finger just below your brow line, with your other hand gently stretch eye brow up. Do this up to three times a day	
Taping to support cheek – this can be helpful when eating and drinking	