

# Facial Palsy Home Program

## Facial Expression Exercises



### Surprise

"Raise your eyebrows as high as you can, open your eyes as wide as possible"  
..... Times



### Frowning

"Bring your eyebrows toward your nose in a frown"  
..... Times



### Disgust

"Bring your eyebrows toward your nose, then wrinkle & snuffle your nose upward"  
..... Times



### Eyelids Closing

"Close your eyelids as tight as possible"  
..... Times



### Winking

"Gently wink with one eye & then the other"  
..... Times



### Flutter your Eyelashes

"Open & close your eyes slowly without moving your eyebrows"  
..... Times

## Cheeks Control Exercises



### One Cheek at a Time

"Blow air in one cheek & try to alternatively move it from one cheek to the other"  
..... Times



### Puffing Cheeks with Air

"Fill both cheeks with air for about \_\_\_\_\_ seconds"  
..... Times



### Puffing Cheeks

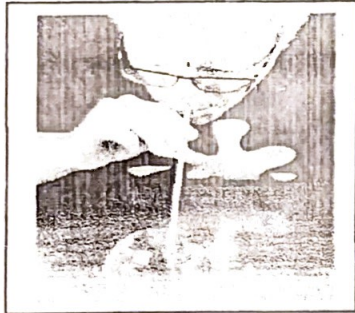
"With cheeks puffed, try to push air out with your finger"  
..... Times



### Puffing Cheeks Using Water

"Hold small amount of water in mouth while puffing up cheeks as much as possible"  
..... Times

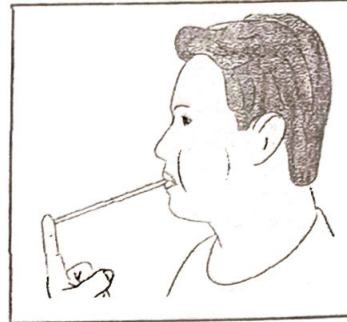




### Blowing

"Blow objects (small balls, feathers, cotton balls, Kleenex tissues or bubbles) through a straw"

..... Times



### Puff Checks Using Straw

"Blow air through straw & stop air by placing finger on opening of straw, for a moment"

..... Times

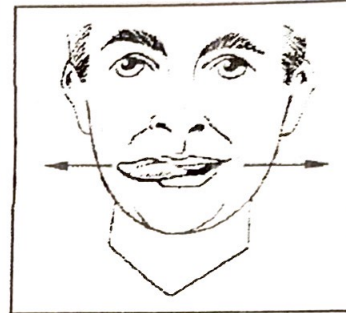
## Tongue Control Exercises



### Tongue Protrusion

"Protrude your tongue forward as possible as you can"

..... Times



### Tip to Corner

"Move the tip of your tongue from corner to corner"

..... Times



### Pointy Tongue

"Place tongue tip on roof of mouth or to your upper lip"

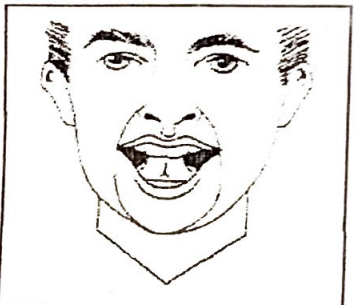
..... Times



### Back & Forth

"Move your tongue up & down"

..... Times



### Tongue Push-ups

"Open your mouth, touch your tongue behind your front & bottom teeth"

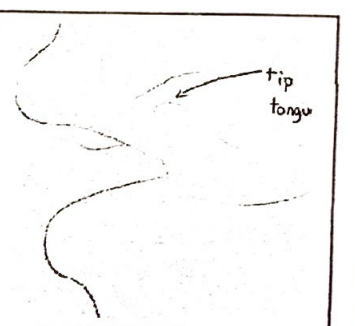
..... Times



### Tongue in Cheeks

"Put tongue in one cheek & push it with your finger, repeat with other cheek"

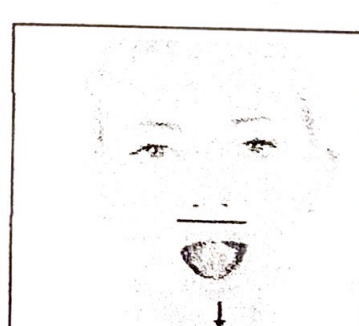
..... Times



### Tongue-Ins

"Open mouth wide & continuously move the tongue forward & backward toward the throat"

..... Times



### Tongue pops

"Suck tongue up on the top of the mouth, pull it back & release it, making a popping sound"

..... Times





Say EEE

"Grin teeth, Smile & say EEE..."

..... Times



Pucker Smile

"Smile, hold the corner of mouth right/ left and try to pucker your lip"

..... Times



Say OOO

"Purse lips, pucker & say OOO..."

..... Times



Wide Mouth

"Pucker lips & try to pull apart with your finger toward right/ left"

..... Times



Sucking

"Pucker your lips & making a kissing sound or suck a sucker, Popsicle, etc..."

..... Times



Fish Mouth

"Pucker lips & suck cheeks in to make it look like a fish-face"

..... Times



Upper Lip

"Push upper lip forward"

..... Times



Lower Lip

"Push lower lip forward"

..... Times



Lip Closure

"Place a wet tongue depressor between lips & try to pull it while maintaining lip closure"

..... Times



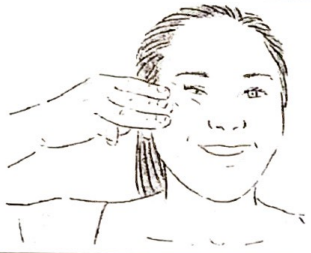
Tightening Neck

"Turn the corners of the mouth down & tighten the muscles on the front of the neck"

..... Times



## Sensory Stimulation Program



### Light Touch/ Stroking

"Stroke affected  
facial muscles with  
finger tips or cotton"  
..... Times



### Fast Brushing

"Brush affected facial  
muscles with different  
textures (toothbrush,  
cotton swab, etc...)"  
..... Times



### Icing

"Use ice cube to  
move over the  
affected muscles with  
3 quick swipes"  
..... Times



### Heat

"Apply moist heat  
(hot pack, or hot  
towel) to the affected  
side of the face"  
..... Times



### Vibration

"Using electric vibrator  
or toothbrush, apply  
over affected muscles"  
..... Times



### Tapping

"Use fingertips to  
vigorously tap the  
skin over affected  
muscles"  
..... Times



### Massage

"Massage the  
affected muscles  
using cream in a  
circular & up/down  
motions"  
..... Times



### Scrub

"Scrub your face with  
facial scrubbing  
product couple of  
times per week"  
..... Times

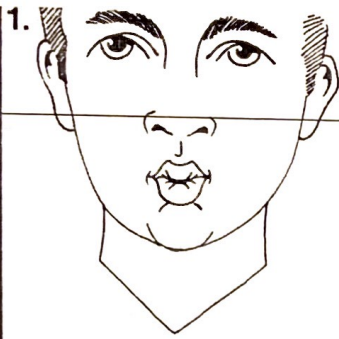


### Cream

"Apply facial cream  
with cooling effect  
on daily basis"

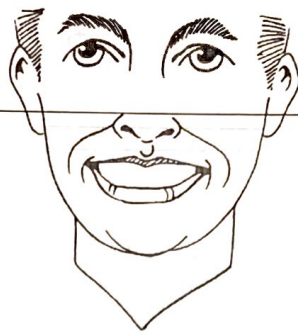
..... Times



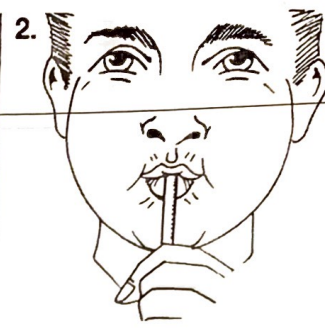


1. Purse lips, pucker and say OOO.....

\_\_\_ Times

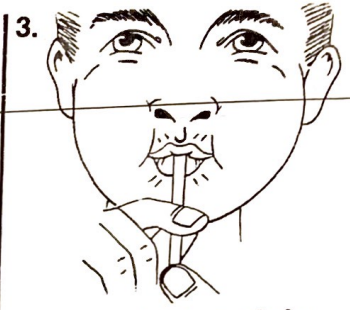


.....Smile and say EEE



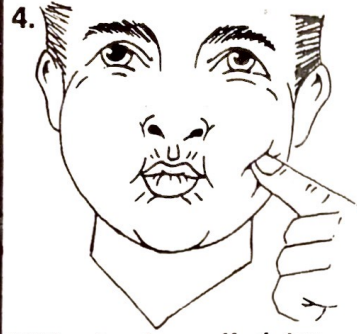
2. Blow air through straw while puffing up cheeks as much as possible.

\_\_\_ Times



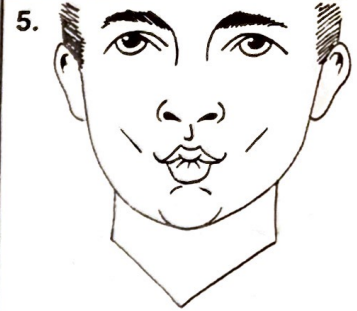
3. Same as 2. Stop air by placing finger on the opening in straw, for a moment.

\_\_\_ Times



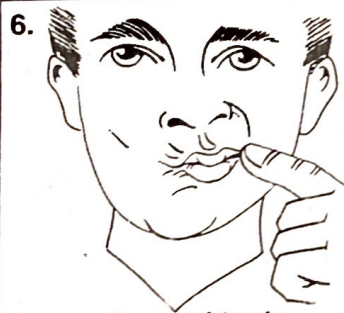
4. With cheeks puffed, try to push air out with your finger.

\_\_\_ Times



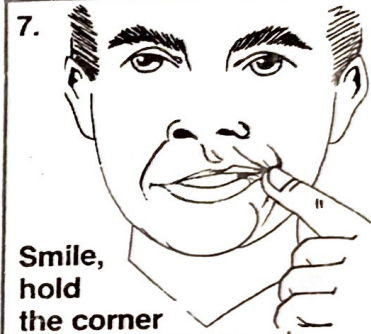
5. Pucker your lips and make a kissing sound.

\_\_\_ Times



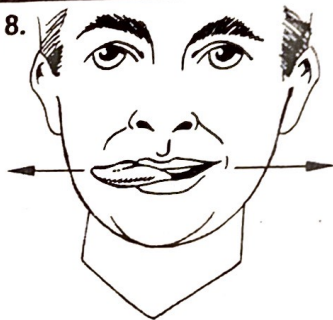
6. Pucker lips and try to pull apart (right) Repeat on left side.

\_\_\_ Times



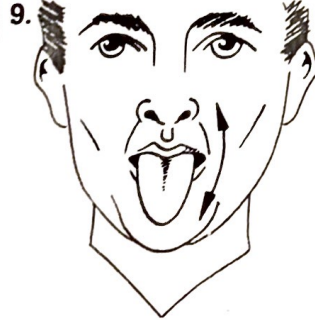
7. Smile, hold the corner of mouth (right) and try to pucker your lip. Repeat on left.

\_\_\_ Times



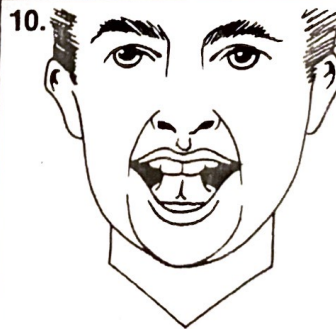
8. Move your tongue from corner to corner.

\_\_\_ Times



9. Move your tongue up and down.

\_\_\_ Times



10. Place tongue tip on roof of mouth.

\_\_\_ Times



11. Put tongue in cheek, push out with finger.

\_\_\_ Times