

..... to be cut off .....

## **EXERCISES FOR FACIAL PALSY**

## **BRAIN REMINDER TECHNIQUES**

**If you have any questions concerning this  
advice sheet, please contact:**

**A SENIOR PHYSIOTHERAPIST  
on 01935 384358**

***Physiotherapy Department***

## **BRAIN REMINDER TECHNIQUES**

These are a set of movements to remind your brain of normal movement and what it feels like.

To be performed on both sides of the face once daily and in front of a mirror.

### **Eyebrow Raise – Surprise! (x 5)**

Raise both eyebrows using your index fingers. Push the eyebrows up as far as you can, then let go with your fingers and try to keep the eyebrows raised using your forehead muscles.

### **Eye Close (x 10)**

Place fingers above and below the orbit of the eye. Stretch to fully open position and hold for slow count of 5. Stretch a little further and then close the eye using the fingers.

### **Flexible Cheeks (x 5)**

Start in wide mouth frog position and then run the fingers along the inside of the cheek to stretch the inside of your mouth.

## **Lip Movements (x 2)**

### ***Upper Lip Raise-Sneer***

Place cotton buds onto the front teeth, directly underneath the nose. Raise the buds to expose the front teeth, then remove and try to hold the lips in this position.

### ***Corners of the mouth***

1. Place buds at corners of the mouth and pull them sideways to move the corners of the mouth outwards in a straight line.
2. Repeat as for 1 above but curl the corners of the mouth upwards in an arc of a circle to achieve a full smile.

### ***Lower Lip Down-Point***

Place the cotton buds on lower teeth. Pull the lips down to expose the teeth and gums. Try and hold this position.

These form the basic facial movements. To maintain flexibility, gently move everything which needs to be moved .

..... to be cut off .....