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EXERCISES FOR THE TIGHT, STIFF FACE

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

**A SENIOR PHYSIOTHERAPIST
on: 01935 384358**

Physiotherapy Department

Relax the face before exercising – do not try and exercise while your face feels tight.

- Massage your cheek from ear to corner of mouth using gentle strokes to relax it.
- Place a cotton bud in the corner of your mouth on the affected side. Feel the touch of the bud and then make a gentle movement sideways so as not to touch. Repeat touch, don't touch x 5.

The Eye

Practise relaxing the eye, letting it be as wide as possible. Wait for a few minutes. Now try a gentle smile to one side whilst concentrating on keeping the eye relaxed.

To progress, introduce faster smiles.

The Forehead

Treat lying down, holding a small mirror in one hand.

- Raise affected eyebrow with finger, ensuring only your finger is working, and relax the eye. Slowly raise unaffected eyebrow using forehead muscles. Think about forehead muscles and remove finger support while trying to retain eyebrow position.

- Using a cotton bud, raise affected corner of your mouth into a smile position, ensuring the cheek and eye remain relaxed. Ignore unaffected side of face. Remove the bud and try and hold the smile on the affected side without eye movement.

Lying down – without mirror

- Place fingers onto forehead and raise eyes to look behind you. Feel the wrinkles on both sides.

After 2 months

Try these exercises sitting in front of a mirror.

Do not work too hard.

Repeat x 5, twice daily.

Hold each position up to 5 seconds.

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