

# My Face Exercises

## Important:

- You should only do the exercises alongside the Oxford Facial Palsy Clinic video.
- You should only do the exercises after you have been assessed by a therapist. Your therapist will advise you which of these exercises you should be doing and will tick them in the 'My Exercises' column.
- Do not do any of the exercises or techniques unless they have been demonstrated or recommended, as they may do more harm than good.

Name: ..... Date: .....

My Facial Therapist's Name is: .....

I can contact my Facial Therapist by phone: .....

## Warm Up

**Remember:** Wash your hands and nails. Put moisturiser on your face.

	Area of face	Instructions	My Exercises
1	Sides of forehead	Massage both sides using little circles.	
2	Forehead	Massage both sides using circle movements.	
3	Forehead	Massage across forehead in a zig zag pattern.	
4	Cheeks	Massage in little circles from your ear down to the corner of your mouth.	
5	Jaw line	Massage in little circles along your jawline.	
6	Chin	Massage both sides of chin using little circles.	

## Face Balance Exercises

### Remember:

to try and keep this part in the middle.



	Area of face	Instructions	My Exercises
7	Top lip	Gently pull top lip forward.	
8	Bottom lip	Gently pull bottom lip forward.	
9	Cheek	Gently massage cheeks in a downward direction.	
10	Cheek	Open your mouth to make a big 'O' shape, massage cheeks in a downward direction.	
11	Lips	Put your pointer finger in front of your lips and gently kiss your finger.	
12	Lips	Use a paper tissue. Gently blow on the tissue.	

## Facial Exercises

	Face movement	Instructions	My Exercises
13	Frown	Frown.	
14	Eyebrow raise	Raise eyebrows.	
15	Nose wrinkle	Wrinkle your nose – imagine you are smelling a beautiful flower.	
16	Peek-a-boo Smile	You will need a piece of paper. Cover the side of your face that is learning and give a small side on your strong side.	
17	Peek-a-boo Smile	You will need a piece of paper. Cover the side of your face that is strong and give a small side on your learning side.	
18	Smile	Small smile on both sides.	
19	Sad face	Do a sad face.	
20	Smile Practice	Make a 'smile book' or watch a funny video to practice your smile.	

## Lip Exercises

	Lip Action	Instructions	My Exercises
21	Peanut butter	Run your tongue across your top lip, like you are licking off some peanut butter.	
22	Lip pops	Make your lips pop.	
23	Raspberries	Blow a raspberry.	
24	Cheek puffs	Puff your cheeks up with a small amount of air. Now try to move it from side to side.	
25	Oo	Round your lips to make an 'oo' sound. Use your helper fingers.	
26	Oo	Round your lips to make an 'oo' sound. Without your helper fingers.	

## Jaw and Mouth Exercises

	Focus	Instructions	My Exercises
27	Tongue poke	Put your fingers on your jaw joint and poke your tongue out.	
28	Mouth open	Put your tongue behind your bottom teeth and open mouth.	
29	Ah	Open mouth to say 'ah'	
30	M	Close your mouth to make an 'm' sound.	

## Speech Sounds

	Speech Sound	Instructions	My Exercises
31	P	p-p-p; pa-pa-pa; poo-poo-poo; pee-pee-pee	
32	B	b-b-b; ba-ba-ba; boo-boo-boo; bee-bee-bee	
33	M	m-m-m; ma-ma-ma; moo-moo-moo; me-me-me	
34	F	f-f-f; fa-fa-fa; foo-foo-foo; fee-fee-fee	
35	V	v-v-v; va-va-va; voo-voo-voo; ve-ve-ve	
36	Sh	Sh-sh-sh; Sha-sha-sha; Shoo-shoo-shoo; She-she-she	

## Eye Exercises

	Focus	Instructions	My Exercises
37	Manual blink	Look down and place the back of your pointer finger just below your eyebrow. This should close your eye.	
38	Eye stretch	Look down and place the back of your pointer finger just below your eyebrow to close your eye. Then look up.	
39	Lid stretch	Look down and put the back of your pointer finger just below your eyebrow to close your eye. Then gently stretch your eyebrow up with your other hand.	

If you have any questions, please contact your Facial Rehabilitation Specialist.

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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **PALSJR@ouh.nhs.uk**

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