

Table 7

FACIAL MUSCLE EXERCISES

Each exercise should be performed for six seconds followed by a six second relaxation period. Each exercise should be performed ten times, several times a day. It may be helpful for the patient to use her fingers to push the appropriate facial skin in the direction of muscle pull while attempting to contract the muscle. She should then take her fingers away while attempting to hold the contraction for the full six seconds. A mirror may be useful to provide visual feedback in a home setting as a monitor of success. Success may come in the form of seeing the muscle voluntarily relax.

1. Raise the eyebrows and wrinkle the forehead.
2. Draw the eyebrows downward and toward one another in a frown.
3. Open the eyes as wide as possible.
4. Wrinkle the nose.
5. Flare the nostrils spreading them out.
6. Lift and protrude the upper lip in a sneer.
7. Pucker the lips as if kissing and attempt to whistle.
8. Compress the lips together.
9. Blow air into the cheeks while keeping the lips together.
10. Smile while keeping the lips together.
11. Smile with the lips apart.
12. Wrinkle the point of the chin.