

Coker Rehab Services

Instructions for Facial Exercises

Facial exercises should be done twice daily to strengthen facial musculature, develop facial expressions, improve sucking, swallowing and tongue movement and decrease drooling. The exercises may be done in several positions, such as:

- Lying on your back in bed
- Lying on hospital bed with back elevated
- Sitting in a chair or wheelchair.

1. Begin with forehead and nose muscles.

- 1a.** Raise eyebrows, forming horizontal wrinkles in forehead.
Repeat ____ times.



- 1b.** Draw eyebrows toward middle of face and downward, forming vertical wrinkles between brows (frowning).
Repeat ____ times.



- 1c.** Lift side borders of nose, forming diagonal wrinkles along bridge of nose (expression of distaste).
Repeat ____ times.



2. Begin with eye muscle.

2a. Close eyes tightly.
Repeat ____ times.



2b. Upper eyelids are lifted completely as eyes are turned upward, move eyes in a direction upward and to the right. Repeat ____ times.



2c. Move eyes in a direction downward and to the left. Repeat ____ times.



3. Begin with muscles of the mouth.

3a. Compress lips together.
Repeat _____ times.



3b. Protrude upper lip.
Repeat ____ times.



3c. Raise sides of mouth upward (smiling).
Repeat ____ times.



3d. Hold lips together and draw corners of mouth to the sides (grimacing).
Repeat ____ times.



3e. Press lips together and compress cheeks (blowing).
Repeat ____ times.



3f. Protrude lower lip (pouting).
Repeat ____ times.



3g. Draw corners of mouth down-ward strongly, with chin pointing upward.
Repeat ____ times.



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HOME INTRUCTIONS FOR FACIAL EXPRESSIONS

Do Each Exercise 5 Times, Look in the Mirror:

FRONTALIS: Raise eyebrows – look surprised
CORRUGATOR: Frown – Wrinkle between eyebrows
ORBICULARIS OCULI: Wrinkle skin on outside of eye – wink
NASALIS: Broaden nostrils – sniffing
PROCERUS: Wrinkle nose over bridge of nose like smelling something bad
LAVATORORIS: Draw mouth to a thin line – as if grinning
RISORII: Draw mouth to left – try to show eye tooth
ZYGOMATIC: Draw angle of mouth upward and outward – smiling
LABII SUPERIORIS: Roll lip upward – look decisive
LABII INFERIORIS: Roll lip downward – pout
ORBICULARIS ORIS: Whistle – puckering lips
BUCCINATOR: Press cheeks firmly against side of teeth like blowing a trumpet