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Facial / Bells Palsy Exercise Programme

Do each exercise a number of times daily and repeat 5-10 times each.

1. Raise Eyebrows – as if surprised
2. Raise one eyebrow at the time
3. Draw eyebrows together as much as possible - frown
4. Close Eyes Tightly
5. Wrinkle nose from side to side
6. Curl upper lip - as in sniffing. Expose upper teeth
7. Pull down lower lip – expose lower teeth
8. Pout
9. Smile
10. Push lower lip out over top lip
11. Close and seal lips + blow out cheeks - filling mouth with air
12. Suck liquid through a straw
13. Whistle
14. Pronounce the vowel sounds with emphasis – A- E – I – O - U