

## Facial Exercise Programme

These exercises should only to be undertaken after you have been assessed by your therapist. Not all of the exercises will be appropriate for you. You will be advised which of the exercises you should be doing. Do not undertake any of the exercises or techniques that have not been demonstrated or recommended as they may do more harm than good.

### Contents:

**Chapter 1:** Warm up - facial massage

**Chapter 2:** Facial symmetry

**Chapter 3:** Facial exercises

**Chapter 4:** Spontaneous smile

**Chapter 5:** Lip exercises

**Chapter 6:** Eyes - manual blink

**Chapter 7:** Lid stretch

**Chapter 8:** Taping to support the cheek

**One handed techniques - suitable for stroke patients, left/right hand**

**Chapter 9:** Warm up - facial massage

**Chapter 10:** Facial symmetry

**Chapter 11:** Facial exercises

**Chapter 12:** Spontaneous smile

**Chapter 13:** Lip exercises

**Chapter 14:** Taping to support the cheek

DVD running time 42 minutes

Thanks to our patients for their valuable contribution in the making of this facial exercise programme.

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Facial exercise programme

DVD 2015

University Hospital Southampton   
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Lorraine Clapham 2015

