



Orlando Ear, Nose & Throat Associates, P.A.

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Ear, Nose & Throat

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EXERCISES FOR FACIAL PARALYSIS

PRACTICE TEN MINUTES - THREE TIMES A DAY

ACTION OF PARALYZED SIDE

1. Raise eyebrows
2. Shut eyelids tightly or blink
3. Frown
4. Wrinkle nose
5. Lift corner of mouth
6. Smile with lips together
7. Whistle (pucker lips)
8. Draw upper lip over teeth

RESISTANCE ON NORMAL SIDE

1. Place two fingers above eyebrow & make pressure down and out
2. Hold eyelid closed
3. Place finger over inner edge of eyebrow, press up and out
4. Hold crease of nose down
5. Hold upper lip down
6. Push corner of mouth lightly toward affected side
7. Draw corner of mouth away from affected side
8. Hold upper lip up and toward affected side