



SOUTHWEST OHIO

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Facial Exercises

Use a mirror to do these exercises.

Recommend doing each exercise 2-3 times daily.

Start off with 8-10 repetitions and gradually increase, as tolerated.

1. Raise your eyebrows, wrinkling the forehead as in surprise or fright.
2. Draw the eyebrows together, as in frowning.
3. Close eyelids, firmly, forming wrinkles radiating from the outer angles.
4. Widen the nostrils of your nose.
5. Draw the point of the nose downward, narrowing the nostrils.
6. Raise the skin of the chin and protrude the lower lip, as in pouting.
7. Draw the angle of the mouth backward, as in grinning.
8. Move the angles of the mouth upward and outward, as in smiling.
9. Raise and protrude the upper lip.
10. Close the lips and pucker them.
11. Pull down the angles of your mouth with your fingers.
12. Suck in sides of mouth, puff out cheeks. (Do not let air escape from behind the lips.)
13. Protrude the lower jaw on each side.
14. Bite firmly on each side.
15. Depress the lower jaw against resistance. Hold hand firmly under chin and try to open your mouth

Head & Neck Surgery • Ear, Nose, Throat & Sinus Surgery • Pediatric ENT • Voice Analysis & Rehabilitation

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