

FACIAL PARALYSIS

Treatment

- **Physiotherapy**
- It can be beneficial to some individuals with Bell's palsy as it helps **to maintain muscle tone** of the affected facial muscles and stimulate the facial nerve.
- It is important that muscle re-education exercises and soft tissue techniques be implemented prior to recovery in order to help prevent permanent contractures of the paralyzed facial muscles.
- **To reduce pain**, heat can be applied to the affected side of the face.

FACIAL EXERCISES

			
Sit relaxed in front of a mirror	Gently raise eyebrows, you can help the movement with your fingers	Draw your eyebrows together, frown	Wrinkle up your nose
			
Take a deep breath through your nose, try and blow slowly	Gently try and move corners of mouth outwards	To help keep the movement the same on each side of your face	To help you move fingers to help. Once in position take your fingers away and see if you can hold that smile
			
Lift one corner of the mouth then the other			

EXERCISES TO HELP CLOSE THE EYE

				
Look Down	Gently place back of index finger on eyelid to keep the eye closed	With opposite hand gently stretch eyebrow up working along the brow line. This will help relax the eyelid and stop it from becoming stiff.		
				
Now try and gently press the eye lids together	Narrow eyes as if looking into the sun			

The Bell's Palsy Association
www.bells-palsy.org.uk

This leaflet is produced with the kind assistance of St. Charles Neurological Physiotherapy, Watlington Neurological Centre, Southwindsor General Hospital

Turn the corners of the mouth up



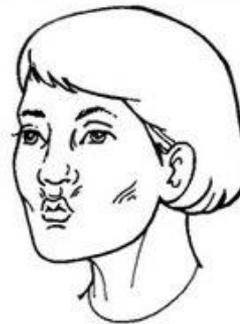
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Push the upper lip forward



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Suck in the cheeks and push the lips forward



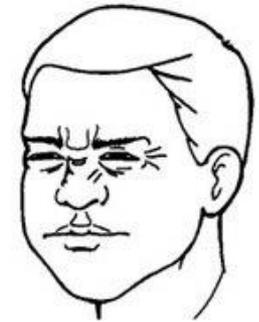
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Wrinkle the nose



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Screw up the eyes tightly



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Turn the corners of the mouth down and tighten the muscles on the front of the neck

Push the lower lip forward



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Bring the eyebrows together in a frown



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Raise the eyebrows

THE SPHINX SMILE



GET rid of your smile lines. Smile by lifting the corners of your mouth up and across, but keep your eyes neutral. Repeat three or four times.

THE SATCHMO



SATCHMO keeps your cheeks firm. Puff up both cheeks with air, then transfer the air from cheek to cheek. Alternate from side to side until you're out of breath. Repeat three times.

MARION



THIS keeps lips strong. Keep your brow smooth and brow kisses. Repeat four times. Then press lips to your first two fingers. Repeat three or four times.

SURPRISE ME



THIS exercise smooths your wrinkled brow. Widen your eyes without wrinkling your brow, then focus on a point on the horizon for five to ten seconds. Repeat four times.

SMILING FISH FACE



FIRM and tone your cheeks and lips. Smile while slightly pursing your lips. Withdraw and pinch your cheeks into the hollows of your face as you do so. Repeat five times.

PUPPET FACE



LIFT lines between your nose and lips. Smile and press your fingertips into the crease between lips and nose. Lift muscles up and press fingertips on the area for resistance. Repeat 20-30 times.

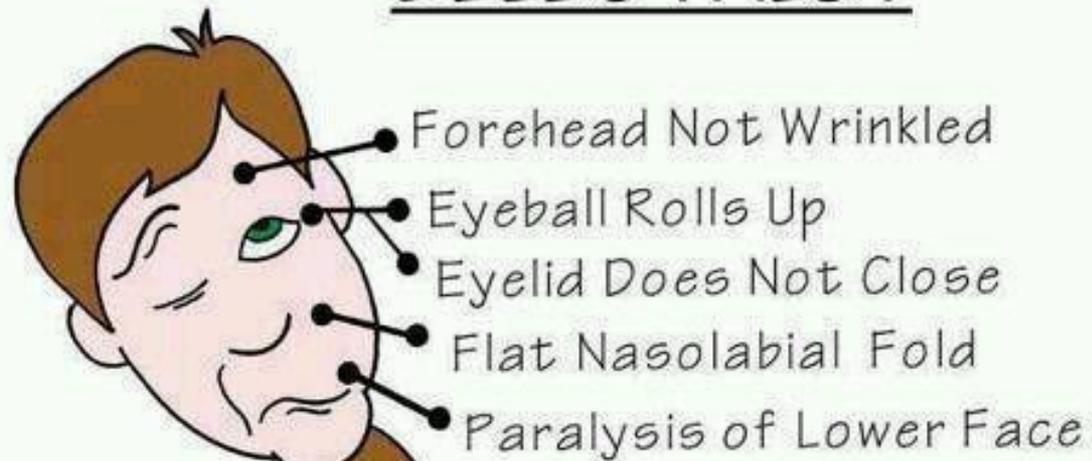




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BELL'S PALSY

BELL'S PALSY



Etiology:

Possible reactivation of herpes vesicles in and around the ear will proceed facial paralysis.

Treatment:

- Corticosteroids
- Antivirals
- Full Recovery by Most Patients in 6 Months, Especially if Treatment is Started Immediately