

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



EXERCISES TO HELP CLOSE THE EYE



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

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Turn the corners of the mouth up



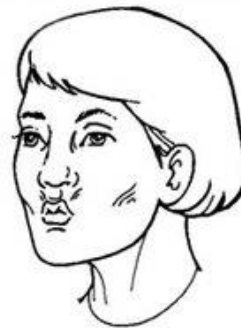
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Push the upper lip forward



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Suck in the cheeks and push the lips forward



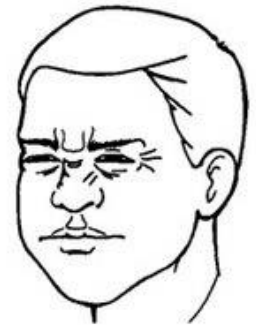
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Wrinkle the nose



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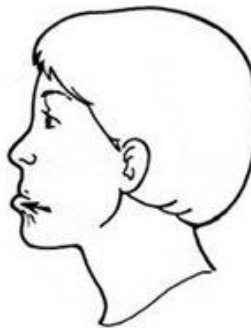
Screw up the eyes tightly



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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.

MARIDYN



THIS keeps lips strong. Keep your brow smooth and blow 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

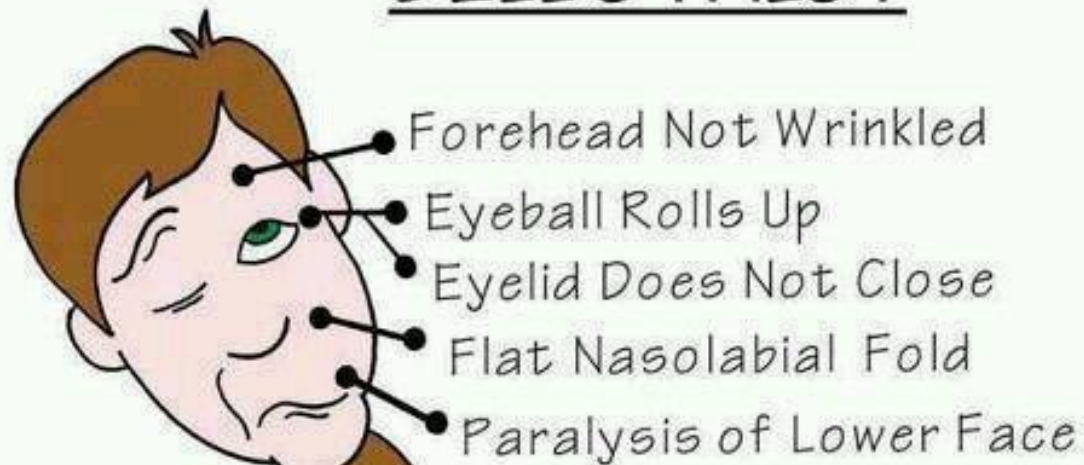


LIFT lines between your nose and lips. Smile and press your fingertips into the crease between lips and nose. Lift muscles up and press fingertips on the area for resistance. Repeat 20-30 times.





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