

## *THE ELECTRONIC HOURGLASS*

### **BELL'S PALSY EXERCISES**

Contributed by folks on the Bell's Palsy Forum

Try doing the exercises in front of a mirror, (admittedly very discouraging at first), repeat each one 10 times, and try to do the entire set at least 15 times a day.

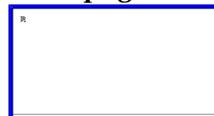
1. Drink all liquids through a straw. You'll be dribbling all over yourself for a few days, but it does help the muscles around the mouth.
2. Sniff strongly. Wrinkle nose. Flare nostrils.
3. Curl upper lip up and raise and protrude upper lip. Try to touch nose.
4. Compress lips together. Pucker lips together & attempt to whistle.
5. Blow air into cheeks, attempting to keep mouth closed (like blowing a balloon.) Shift air from one cheek to the other.
6. Smile without showing teeth, then smile showing teeth.
7. Try moving your lips into a smile slowly. Then pucker slowly trying to use equal strength from both sides.
8. Draw angle of mouth upward so as to deepen furrow from side of nose to side of mouth.
9. Harden (wrinkle) the chin, ("stick out" the chin, like a boxer) At first you will probably have to manually push your muscles into place to do the exercises.
10. Using the finger tips tap from the jaw along the bone line to the center of the top lip. Return the tapping motion to the jaw.
11. Tap along the lower jaw to the center of the lower lip. Return to the jaw using a tapping motion.
12. Tap along the lower jaw along the chin line & back to the jaw.
13. Using your index finger and thumb pull the corners of your lips in toward the center. Slowly and smoothly push out and up into a smile. Continue the movement up to the cheek bone. Use a firm pressure.
14. A make up brush or a soft tooth brush can be used for the cheek, jaw and lip stimulation.
15. Put a large button on a string. Place it under your lips. Pull the string. Try to hold it with your lips. Move the button to the right corner pull and resist. Repeat on the left side.
16. Chew gum.
17. Chew and suck on ice.

For the eye:

1. Placing 4 finger tips on the eyebrow rub using a firm slow stroke up to the hairline. Return downward to the eyebrow.
2. Using finger tips placed on the cheek tap lightly and slowly along the bone under the eye to the bridge of the nose. Return tapping along the cheek bone to the side of the face.
3. Try to close the eye slowly.
4. Raise eyebrows and hold for 5 seconds. Wrinkle forehead.
5. Frown and draw eyebrows downward.
6. Close eyes tightly. Wink with one and then the other eye to the best of your ability.
7. Open eyes widely.

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