

11. Purse your lips together to blow a kiss.

Repeat ____ times
Every ____



12. Draw the corners of your mouth out as if to grimace.

Repeat ____ times
Every ____



13. Smile as wide as you can showing your teeth.

Repeat ____ times



If you are struggling with any of the exercises or have any concerns then please ring the following number 0151 430 1237. Alternatively, speak to the physiotherapist at your clinic appointment and they can refer you for further physiotherapy if required.

Name of Therapist:

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633



www.sthk.nhs.uk

Facial exercises

This leaflet can be made available
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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1. Raise your eyebrows like you're surprised!

Repeat ____ times
Every ____



2. Lower your eyebrows and frown.

Repeat ____ times
Every ____



3. Wrinkle your nostrils - nasty smell.

Repeat ____ times
Every ____



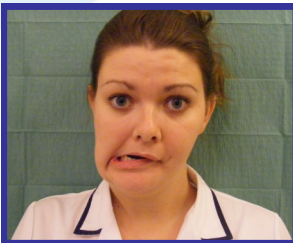
4. Bare your teeth and clench your jaw like you're angry.

Repeat ____ times
Every ____



5. Move your lower jaw and lip side to side.

Repeat ____ times
Every ____



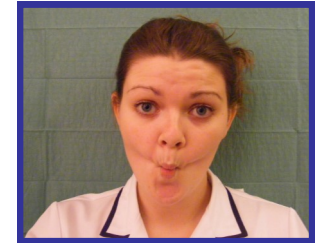
6. Open your mouth as wide as you can.

Repeat ____ times
Every ____



7. Keep your lips together and suck in your cheeks.

Repeat ____ times
Every ____



8. Keep your lips together and blow out your cheeks.

Repeat ____ times
Every ____



9. Push out your top lip as far as you can.

Repeat ____ times
Every ____



10. Push out your bottom lip like you're sulking.

Repeat ____ times
Every ____

