

Physical Therapy Department

Facial Exercises



KAISER PERMANENTE

1. RAISE EYEBROWS (LOOK SURPRISED)
2. FROWN (BRING EYEBROWS TOGETHER)
3. CLOSE EYES TIGHTLY AND PURSE YOUR LIPS,
WRINKLE FACE
4. WINK YOUR EYE
5. WRINKLE YOUR NOSE
6. DEPRESS YOUR NOSTRILS (CLOSE NOSTRILS)
7. FLARE YOUR NOSTRILS (OPEN NOSTRILS)
8. BRING LIPS CLOSE TO TEETH – SHOW ALL YOUR
TEETH
9. WHISTLE
10. PUT AIR IN YOUR CHEEKS – CHANGE FROM CHEEK
TO CHEEK (HOLD YOUR LIPS TOGETHER WITH
FINGERS IF NECESSARY)
11. SUCK BOTH CHEEKS IN SIMULTANEOUSLY
12. POUT, ROLLING LOWER LIP OUTWARD AND WRIN-
KING YOUR CHIN
13. TURN CORNERS OF LOWER LIP DOWNWARD – SAY
“GRRR”
14. SAY “A-E-I-O-U” IN EXAGGERATED MANNER
15. SMILE

REPEAT THE ABOVE EXERCISES _____ TIMES A DAY.

IF YOU HAVE PROBLEMS, CALL _____

