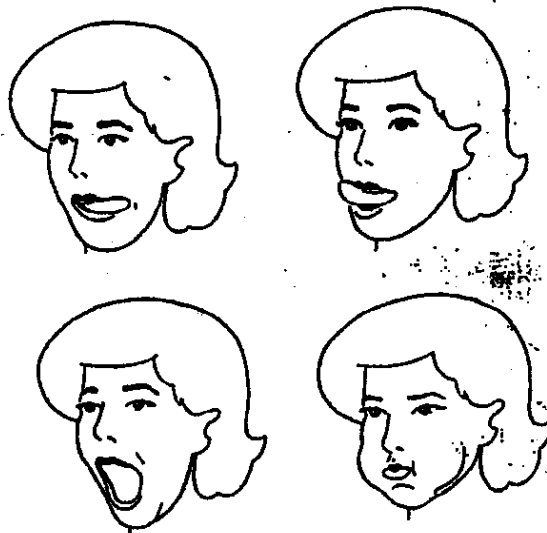


HOME EXERCISES
Face — Mouth, Cheeks

1. Move your tongue from one corner of your mouth to the other.
2. Open your mouth as widely as possible, then close it, raising and lowering your jaw.
3. Fill your cheeks with air until they are puffed out, then exhale.

Repeat _____ times

Special Instructions

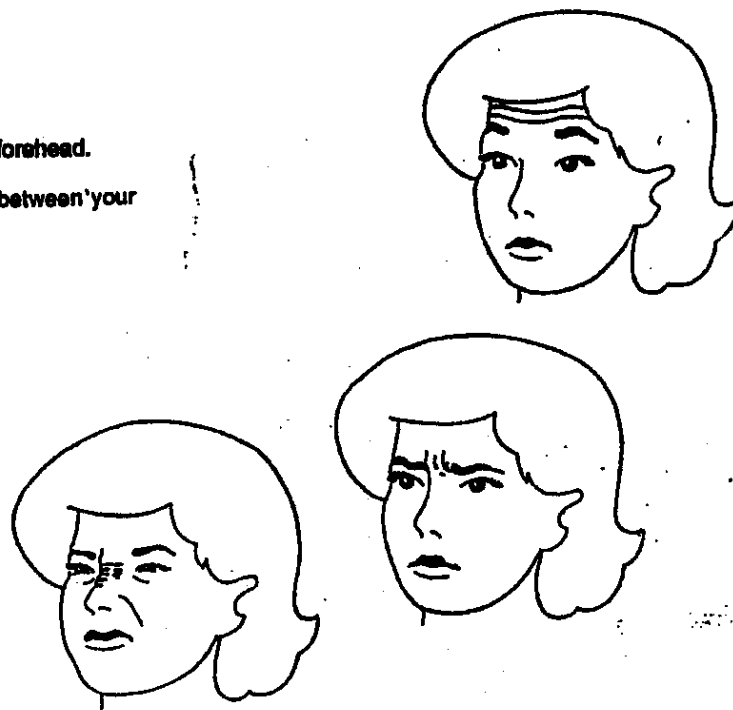


HOME EXERCISES
Face — Upper Face

1. Raise your eyebrows as if surprised, forming horizontal wrinkles on your forehead.
2. Draw your eyebrows together as if frowning, forming vertical wrinkles between your eyebrows.
3. Wrinkle your nose as if expressing distaste.

Repeat _____ times

Special Instructions

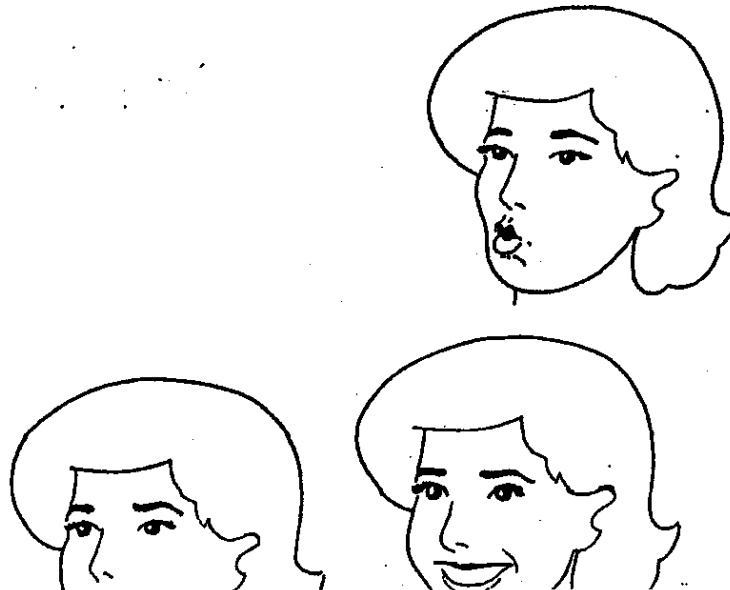


HOME EXERCISES
Face — Lips

1. Pucker your lips in a big smooch.
2. Smile as widely as you can.
3. Pout, sticking out your lower lip as far as possible.

Repeat _____ times

Special Instructions



Name _____ Date _____

HOME EXERCISES
Face — Mouth, Cheeks

1. Move your tongue from one corner of your mouth to the other.
2. Open your mouth as widely as possible, then close it, raising and lowering your jaw.
3. Fill your cheeks with air until they are puffed out, then exhale.

Repeat _____ times

Special Instructions



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Face-04

Glycerin eye drops every hour

Refresh pm ointment at night

or

Akwatears ointment