

First edition

FACIAL REHABILITATION STRENGTHENING EXERCISES

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KNOW-IT-ALL THE BOX

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5.1 ACTIVE ELEVATION

Position / purpose :

Sit or stand in front of a mirror. Be at your ease and relaxed. Pay attention to the contraction of your muscles in the mirror during the exercise. Pay attention to have your face as symmetrical as possible while contracting your face muscles. This muscle action is to sniff.

Description :

So, sniff! It will raise your upper lip, widen and raise the wings of your nose. Hold the contraction for 5 seconds. Then relax and breathe normally, breathing in by your nose and breathing out by your mouth as usual. Repeat the number of times prescribed.

Muscles targeted :

Levator labii superioris alaque nasi
«lifter of both the upper lip and of
the wing of the nose»



Level : Basic

No. Of Set : 3

No. Of Repetition : 10

Frequency : 2 or 3 times a day

Tempo : Hold the contraction for 5 seconds

Rest Interval between Sets : 1 minute

1



2



7.1 UPPER LIP : ACTIVE ELEVATION

Position / purpose :

Sit or stand in front of a mirror. Be at your ease and relaxed. Pay attention to the contraction of your muscles in the mirror during the exercise. Pay attention to have your face as symmetrical as possible while contracting your face muscles. These muscles' actions are to smile or to sneer.

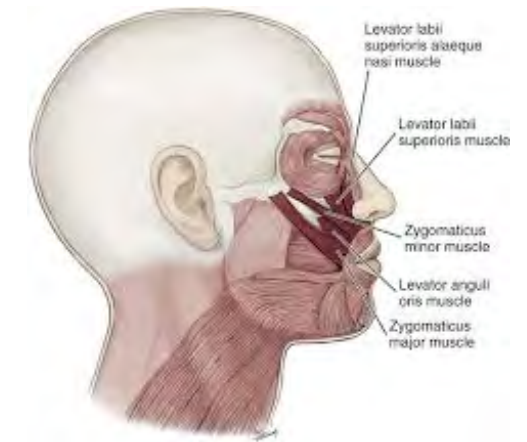
Description :

So, bilaterally smile, like if you were pulling upwards and outwards on 2 strings that would be attached to the 2 corners of your mouth. It will elevate your lips. Hold the contraction for 5 seconds. Then relax and breathe normally, breathing in by your nose and breathing out by your mouth as usual. Repeat the number of times prescribed.

Alternatively, you could do this exercise unilaterally, like if you were pulling upwards and outwards on a string that would be attached to one corner of your mouth. So, you would produce muscle contraction like if you were sneering at somebody! Hold the contraction for 5 seconds. Then relax and breathe normally, breathing in by your nose and breathing out by your mouth as usual. Repeat the number of times prescribed.

Muscles targeted :

zygomaticus major and zygomaticus minor



Level : Basic

No. Of Set : 3

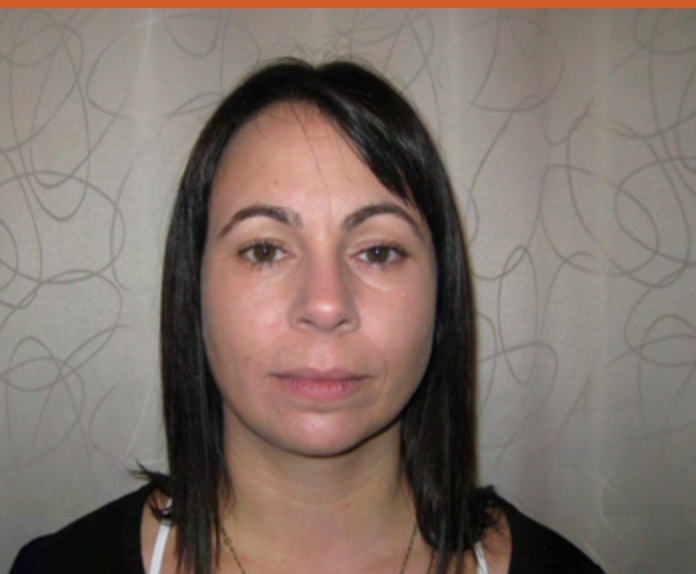
No. Of Repetition : 10

Frequency : 2 or 3 times a day

Tempo : Hold the contraction for 5 seconds

Rest Interval between Sets : 1 minute

1



2



3

