

Facial Strengthening Exercises



These exercises will help the strength and range of motion for your jaws, cheeks, lips and tongue. People with trouble speaking clearly, swallowing problems, or muscle weakness of the mouth may benefit from these exercises.

Do these exercises _____ times each day as directed by your doctor, nurse or therapist.

For some of the exercises, you will need a small flat wooden stick, like an ice cream bar stick or a tongue blade.

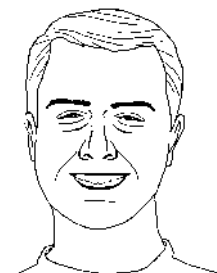
☐ Pucker

- a. Pucker your lips like you are going to give someone a kiss. Hold for 5 seconds.
- b. Pucker your lips and move your pucker from one side to the other. Do not move your tongue. Repeat this 10 times.
- c. Close you lips tightly and say "m...m...m", then "p...p...p", then "b...b...b".
- d. For more lip closure practice, say "me...me...me", "pe...pe...pe", "be...be...be".



☐ Smile

- a. Smile, showing your upper and lower teeth and gums. Clench your teeth gently. Do not squint your eyes. Hold for 5 seconds.
- b. Pucker your lips then smile. Repeat this 10 times.



☐ Cheek Puff

- a. Take in a deep breath and puff your cheeks out. Hold the air in your cheeks by tightly closing your lips together. Hold the air in your cheeks for 5 seconds.
- b. Take in another deep breath and only hold air in your left cheek. Then switch and hold air only in your right cheek.



☐ "O" Exercise

Start with your jaw wide open and hide your teeth under your lips. Purse your lips in an "O" shape. Repeat this 10 times.



☐ Lower Lip Lift

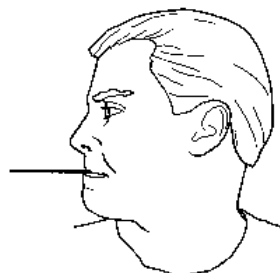
Lift your lower lip up as high as it will go as if you were pouting. Hold this for 5-10 seconds.

To work your neck, raise your head up and hold while you have your lip up.



☐ Lip Hold

Put a small flat stick or tongue blade between your lips. Press only with your lips and hold the stick straight out from your mouth. Hold the stick for 1 minute, or as long as you can.



☐ Straight Tongue Stretch

Open your mouth and stick your tongue straight out, as far as it will go. Stretch it out as far as you can.



☐ Side Tongue Stretch

a. Stick your tongue out to the right side of your mouth. Stretch it to the right as far as you can for 10 seconds.



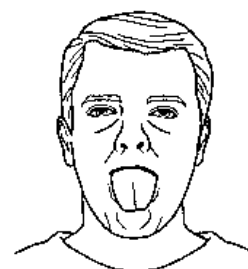
b. Stick your tongue out the left side of your mouth. Stretch it to the left as far as you can and hold it for 10 seconds.

c. Stick your tongue out and move it quickly from side to side, being sure to touch the corner of your mouth on each side each time.



❑ Up and Down Tongue Stretch

- Open your mouth and stick your tongue out and down toward your chin. Stretch your tongue down and hold for 10 seconds.
- Open your mouth and stick your tongue up toward your nose. Stretch your tongue up and hold for 10 seconds.



❑ Tongue Sweep

Slide your tongue along the outside of your teeth and gums, making circles in your mouth. Start at the top and sweep all the way around the top teeth and gums. Then switch and sweep all the way around the bottom teeth and gums.



❑ Teeth Sweep

Touch the tip of your tongue to the biting surface of your upper front teeth. Slide your tongue tip along your tooth line to the far right and hold for 5 seconds. Then slide your tongue along your tooth line to the far left and hold for 5 seconds. Now repeat along the biting surfaces of your bottom teeth.



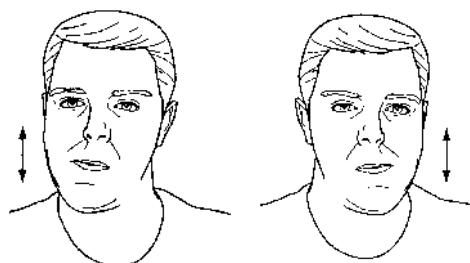
❑ Lick Your Lips

Use the tip of your tongue and raise and lower it as you lick your lips. Repeat this 10 times.



❑ Tongue-in-Cheek Push

- Push your tongue against the inside of your right cheek and move it up and down. Repeat this 10 times. Now do the same on the left cheek.
- Push your tongue against the inside of your right cheek. Put your finger on the outside of your cheek and push back against your tongue. Hold for 5 seconds. Now do the same on the left cheek.



❑ Tongue Blade Exercises

- a. Stick your tongue out straight. Press your tongue tip out against a flat wooden stick or tongue blade 2 or 3 times. Now press the stick in while you push your tongue tip out against the stick. Hold this for 10 seconds.



- b. Put the stick against one side of your tongue. Push the side of your tongue against the stick while you push the stick in. Hold for 10 seconds. Repeat on the other side of your tongue.



- c. Place the stick on top of your tongue tip. Press your tongue up against the stick as you push down on the stick. Hold for 10 seconds.

Then place the stick under your tongue tip and push down against the stick while you push up on the stick. Hold this for 10 seconds.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.