

# Burn Care Exercise Program

## Facial Exercises

### Instructions

- ✓ Do these exercises at least 4 times a day or as directed by your therapist.
- ✓ Repeat each stretch 10 times.
- ✓ Hold each stretch for at least 20 seconds.
- ✓ Moisturize your face and lips before stretching.

#### Smile exercise:

Smile. Show your upper and lower teeth and gums. Keep your teeth together and relax your neck.

**Don't squint.**



**Lip press:** Press your lips together firmly and evenly. Keeping your lips pressed together, spread the corners of your mouth apart as in a smile.

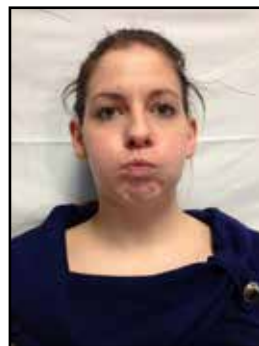


**Inner cheek jaw stretch:** Hide your lips under your teeth and open your mouth wide. Keep your lips under your teeth and relax your neck muscles.



#### Cheek puff and lip

**purse:** Keeping your lips pursed together, puff out your cheeks and hold the air in. To make it harder, hold air in your left cheek only, then switch to the right cheek only.



**What are your questions?  
Please ask.**

**Therapist:**

**Phone:**

**Lip and cheek toner:**

Pretend to suck on a straw, but keep your lips closed. Suck in inner cheeks.

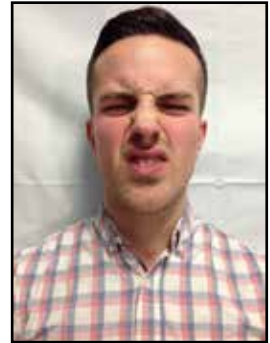
To make it harder, smile while continuing to suck in your cheeks.



**Lip extension:** Push out your lower lip and hold. Next, push out your upper lip and hold.



**Nose wrinkle:** Wrinkle your nose as if you smell something bad.



**Frowning eyes:** Bring your eyebrows together in a frown, wrinkling your forehead.



**Forehead wrinkle:** Raise your eyebrows as high as you can.

To make it harder, keep your eyes closed while doing this.



**Eye wrinkle:** Close your eyes as tightly as you can, wrinkling the skin around your eyes.



**Lateral mouth stretch:** Stretch your mouth and lips as far to the right side of your face as you can. Next, go as far to the left side of your face as you can.



**Combined face stretch:** Close your lips over your teeth and close your eyes tightly at the same time.

