EXERCISES TO HELP CLOSE THE EYE

- Sit relaxed in front of a mirror
- Gently raise eyebrows, you can help the movement with your fingers
- Draw your eyebrows together, frown
- Wrinkle up your nose

- Take a deep breath through your nose, try and flare nostrils
- Gently try and move corners of mouth outwards
- Try and keep the movement the same on each side of your face
- You can use your fingers to help. Once in position take your fingers away and see if you can hold that smile

- Lift one corner of the mouth ... then the other

EXERCISES TO HELP CLOSE THE EYE

- Look Down
  - Gently place back of index finger on eyelid, to keep the eye closed
  - With opposite hand gently stretch eyebrow up ... working along the brow line. This will help relax the eyelid and stop it from becoming stiff.

- Now try and gently press the eye lids together
- Narrow eyes as if looking into the sun

The Bell’s Palsy Association
www.bellspalsy.org.uk

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