



Exercise for Fascial Palsy

顏面神經麻痺注意事項與運動療法(英文)

Facial palsy is a kind of acute neural inflammation and one of the most common facial palsies is Bell's palsy with symptoms like facial weakness, saliva drooling, poor eye-closing strength, abnormality of taste, and post-auricle pain. It is believed that it has something to do with viral infection or unknown causes; and the onset of the problem has nothing to do with age and gender. The prognosis of simple facial palsy is good, and there are some principles for self-protection and rehabilitation:

Precautions

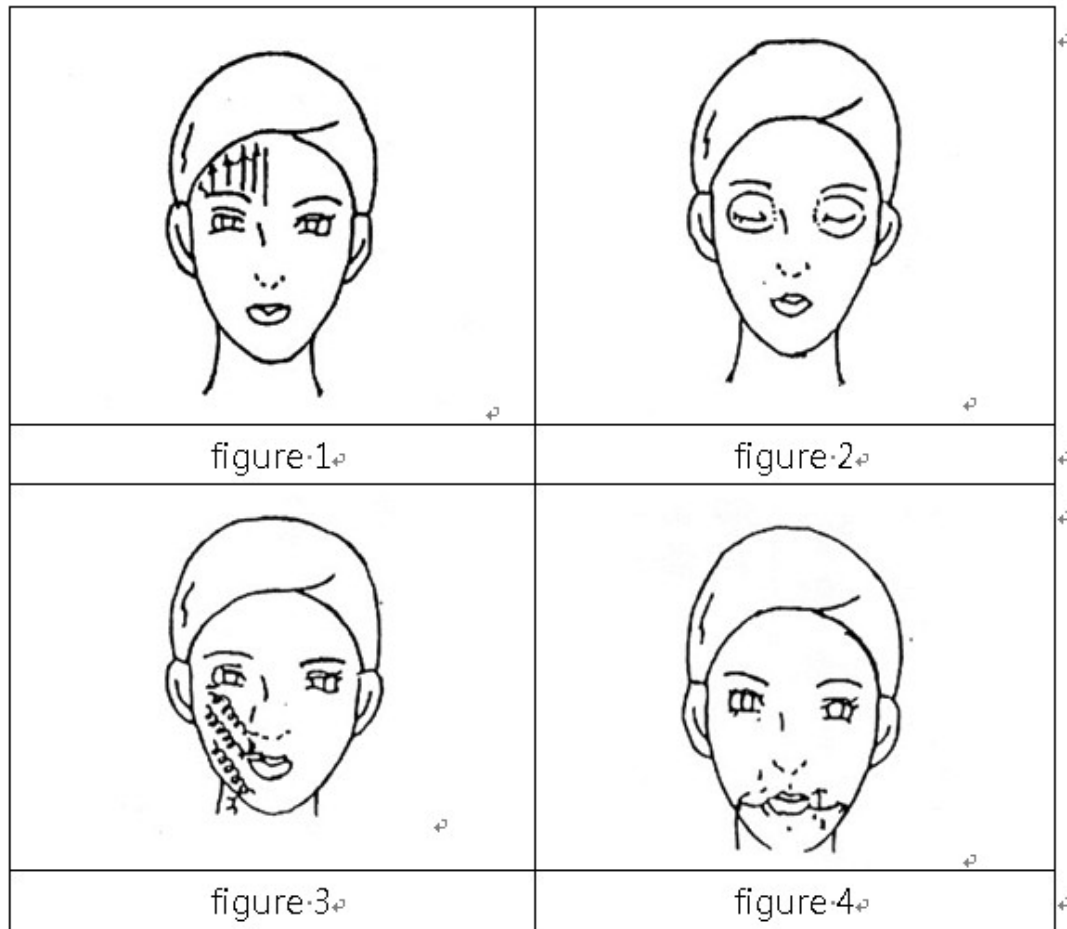
1. Avoid wind-blowing at eyes and face, or facing directly at fan, or staying at an air-condition room for too long; always put on hats for protection.
2. For eye-protection: (1) wear glasses (2) use eye-drop medication before sleep (3) avoid foreign entity getting into eyes (4) avoid rubbing eyes with hands
3. Watch out for the temperature of food before eating to avoid lip and tongue burning and keep good mouth hygiene.

Massage methods

Massage your face three times a day and put on some ointment or glycerin.

1. Frontal area: use your thumb to massage the frontal area from eye-brow to hairline, as shown in figure 1.
2. Eyes: massage along the eye margin from the medial eye angle, as shown in figure 2.
3. Face: (1) massage from the nasal side to temporal area (2) from mouth angle to the middle of ear (3) from mandible to

- the inferior side of the ear as shown in figure
4. Lips: (1) massage around lip margin (2) stretch right and mouth angle alternatively as shown in figure
 5. Hot pack with warm towel for ten minutes before and after exercise to improve the circulation



Exercise therapy

Perform the following exercises at least three times a day:

1. Raise eye brows (show your frontal wrinkle) and wrinkle your eyebrow
2. Tightly close your eyes, and work on blinking movement
3. Sucking movement, like drinking with a pipe (from thick to thin)
4. Blowing movement
5. Make facial expression to exercise your facial muscles
6. Chew gum with your lesion side
7. Read the paper with voice out