

Lip Exercises

Speech and Language Therapy

Aintree Site

Lower Lane, L9 7AL Tel: 0151-525-5980

Royal Site

Prescot Street, L7 8XP

Broadgreen Site

Thomas Drive, L14 3LB

Royal & Broadgreen Tel: 0151-706-2000

What are lip exercises?

This is an exercise that encourages movement of the lips. It is an exaggeration of normal movements.

Who will benefit from these exercises?

This exercise will benefit people who have changes to sensation in the face. It will also help people who have lip weakness.

How does it help?

This exercise will help to maintain lip mobility and strength. You should stop if this exercise causes pain.

Instructions:

Pucker your lips as if blowing out.

Hold this position tightly for 5 seconds.



Now spread your lips as widely as possible, as if smiling.

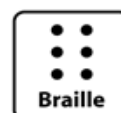
Hold this position for 5 seconds.



Repeat this exercise slowly 10 times.

If I have any queries who do I ask?

Please telephone the Speech and Language Therapy department.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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