

## Philippine Heart Center Physical Medicine & Rehabilitation Division

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## **Facial Muscle Exercises**



1. Raise your eyebrows (Surprise)
Repeat 10 times



2. Furrow your brows (Angry)
Repeat 10 times



3. Close your eyes
Repeat 10 times



4. Wrinkle your nose (Distaste)
Repeat 10 times



**5. Suck your cheeks in** Repeat 10 times



6. Smile
Repeat 10 times



7. Kiss/Pucker your lips
Repeat 10 times



8. Pout
Repeat 10 times

Do this for
\_\_\_\_\_ repetitions
\_\_\_\_\_ times a day