

面部强化练习

Facial Strengthening Exercises

These exercises will help the strength and range of motion for your jaw, cheeks, lips and tongue. People with trouble speaking clearly, swallowing problems, or muscle weakness of the mouth may benefit from these exercises.

Do these exercises _____ times each day as directed by your doctor, nurse or therapist.

For some of the exercises, you will need a small flat wooden stick, like an ice cream bar stick or a tongue blade.

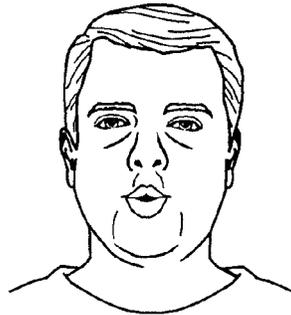
这些练习将有助于您的下巴、面颊、嘴唇和舌头的力量和活动范围。说话不清、吞咽困难或嘴部肌无力的人可以从这些练习中获益。

按医生、护士或治疗师的说明，每天练习_____次。

其中一些练习，您需要用到平整的小木棍，类似于冰棍或压舌板。

□ Pucker

1. Pucker your lips like you are going to give someone a kiss. Hold for 5 seconds.



2. Pucker your lips and move your pucker from one side to the other. Do not move your tongue. Repeat this 10 times.



3. Close your lips tightly and say "m...m...m", then "p...p...p", then "b...b...b".

□ 撅嘴

1. 撅嘴，就像要亲吻别人一样。保持5秒钟。

2. 撅嘴，并将嘴巴从一侧移动到另一侧。不要移动舌头。重复该动作10次。

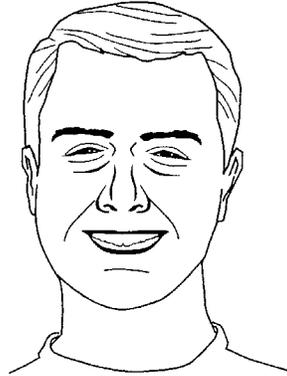
3. 紧闭嘴唇，然后发音“m...m...m”、“p...p...p”、“b...b...b”。

4. For more lip closure practice, say “me... me...me”, “pe...pe...pe”, “be... be...be”.

4. 发音“me... me...me”、“pe...pe...pe”、“be...be...be”，进行更多合唇练习。

☐ Smile

1. Smile, showing your upper and lower teeth and gums. Clench your teeth gently. Do not squint your eyes. Hold for 5 seconds.
2. Pucker your lips then smile. Repeat this 10 times.

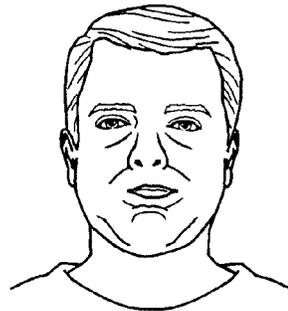


☐ 微笑

1. 微笑，露出牙齿和牙龈。轻轻咬住牙齿。不要眯眼。保持5秒钟。
2. 撅嘴，然后微笑。重复该动作10次。

☐ Cheek Puff

1. Take in a deep breath and puff your cheeks out. Hold the air in your cheeks by tightly closing your lips together. Hold the air in your cheeks for 5 seconds.
2. Take in another deep breath and only hold air in your left cheek. Then switch and hold air only in your right cheek.

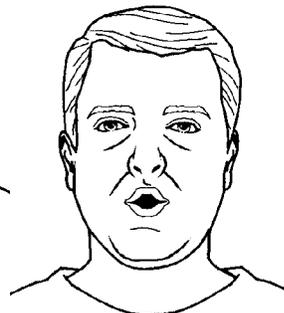


☐ 脸颊鼓气

1. 深吸一口气，鼓起脸颊。双唇紧闭，保持脸颊鼓起。保持脸颊鼓起5秒钟。
2. 再次深吸一口气，仅鼓起左侧脸颊。然后交换，仅鼓起右侧脸颊。

☐ “O” Exercise

1. Start with your jaw wide open and hide your teeth under your lips. Purse your lips in an “O” shape.
2. Repeat this 10 times.



☐ “O”型练习

1. 开始时下巴张开，牙齿藏在嘴唇后面。让嘴唇形成“O”型。
2. 重复该动作10次。

□ Lower Lip Lift

1. Lift your lower lip up as high as it will go as if you were pouting. Hold this for 5 to 10 seconds.
2. To work your neck, raise your head up and hold while you have your lip up.

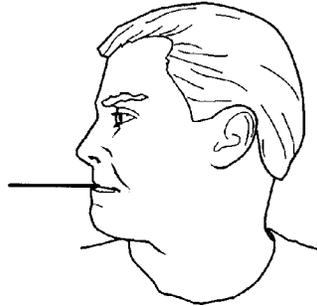


□ 提起下唇

1. 尽可能提起下唇，就像撅嘴一样。保持5-10秒钟。
2. 为了锻炼颈部，提起唇部时抬头并保持不动。

□ Lip Hold

1. Put a small flat stick or tongue blade between your lips.
2. Press only with your lips and hold the stick straight out from your mouth.
3. Hold the stick for 1 minute, or as long as you can.



□ 合唇

1. 在上下唇间放一个小木棍或压舌板。
2. 仅用嘴唇压住，保持木棍平直。
3. 压住木棍1分钟，或者尽可能久。

□ Straight Tongue Stretch

1. Open your mouth and stick your tongue straight out, as far as it will go.
2. Stretch it out as far as you can.



□ 舌头伸直拉伸

1. 张嘴，尽可能伸出舌头。
2. 最大限度伸展舌头。

□ Side Tongue Stretch

1. Stick your tongue out to the right side of your mouth. Stretch it to the right as far as you can for 10 seconds.



2. Stick your tongue out the left side of your mouth. Stretch it to the left as far as you can and hold it for 10 seconds.



3. Stick your tongue out and move it quickly from side to side, being sure to touch the corner of your mouth on each side each time.

□ 舌头侧面拉伸

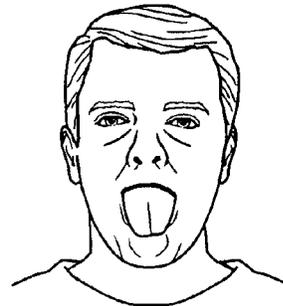
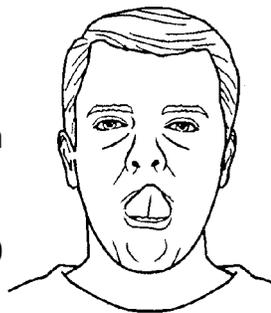
1. 伸出舌头到嘴的右侧。最大限度向右伸出10秒钟。

2. 伸出舌头到嘴的左侧。最大限度向左伸出10秒钟。

3. 伸出舌头，快速从一侧移动到另一侧，确保每次都要到达嘴角。

□ Up and Down Tongue Stretch

1. Open your mouth and stick your tongue out and down toward your chin. Stretch your tongue down and hold for 10 seconds.
2. Open your mouth and stick your tongue up toward your nose. Stretch your tongue up and hold for 10 seconds.



□ 舌头上下拉伸

1. 张嘴，朝着下巴伸出舌头。向下拉伸舌头，保持10秒钟。
2. 张嘴，朝着鼻子伸出舌头。向上拉伸舌头，保持10秒钟。

□ Tongue Sweep

1. Slide your tongue along the outside of your teeth and gums, making circles in your mouth. Start at the top and sweep all the way around the top teeth and gums.
2. Then switch and sweep all the way around the bottom teeth and gums.



□ 扫舌

1. 沿着牙齿和牙龈外部滑动舌头，在嘴里转圈。从上部开始，沿上牙和牙龈扫动。
2. 然后交换，沿下牙和牙龈扫动。

□ Teeth Sweep

1. Touch the tip of your tongue to the biting surface of your upper front teeth.
2. Slide your tongue tip along your tooth line to the far right and hold for 5 seconds.
3. Then slide your tongue along your tooth line to the far left and hold for 5 seconds.
4. Now repeat along the biting surfaces of your bottom teeth.

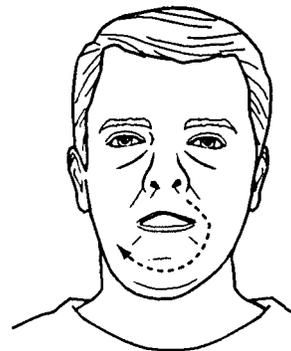


□ 扫齿

1. 用舌尖触及上门牙的咬合面。
2. 舌尖沿牙齿边缘滑动至最右侧，保持5秒钟。
3. 然后舌尖沿牙齿边缘滑动至最左侧，保持5秒钟。
4. 然后沿着下门牙咬合面重复该动作。

□ Lick Your Lips

1. Use the tip of your tongue and raise and lower it as you lick your lips.
2. Repeat this 10 times.

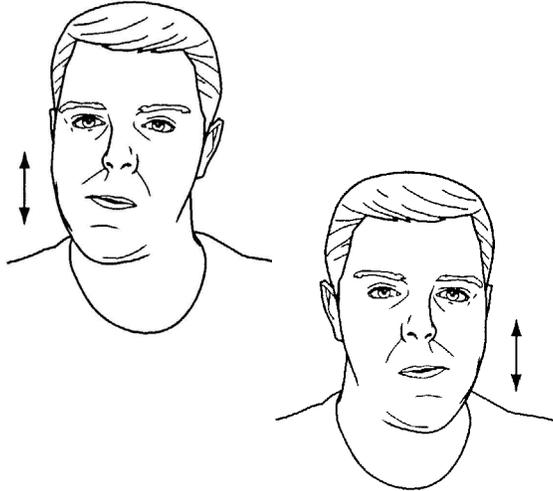


□ 舔嘴唇

1. 用舌尖舔嘴唇，并抬起或放下舌尖。
2. 重复该动作10次。

□ Tongue in Cheek Push

1. Push your tongue against the inside of your right cheek and move it up and down. Repeat this 10 times.
2. Now do the same on the left cheek.



□ 舌推脸颊

1. 将舌头顶住右侧脸颊内侧，上下移动。重复该动作10次。
2. 然后进行左侧练习。

3. Push your tongue against the inside of your right cheek. Put your finger on the outside of your cheek and push back against your tongue. Hold for 5 seconds.
4. Now do the same on the left cheek.



3. 将舌头顶住右侧脸颊内侧。手指放在脸颊外侧，推回舌头。保持5秒钟。
4. 然后进行左侧练习。

□ Tongue Blade

1. Stick your tongue out straight. Press your tongue tip out against a flat wooden stick, tongue blade or plastic spoon 2 or 3 times. Now press the stick in while you push you tongue tip out against the stick. Hold this for 10 seconds.



□ 压舌板

1. 舌头放平伸出。用舌尖顶住平木棍、压舌板或塑料汤匙2或3次。然后，舌尖向外挤压木棍的同时，往内压木棍。保持10秒钟。

2. Put the stick against one side of your tongue. Push the side of your tongue against the stick while you push the stick in. Hold for 10 seconds. Repeat on the other side of your tongue.



2. 将木棍放在舌头的一侧。往内压木棍时，舌头一侧顶住木棍。保持10秒钟。在另一侧重复该动作。

3. Place the stick on top of your tongue tip. Press your tongue up against the stick as you push down on the stick. Hold for 10 seconds.



3. 将木棍放在舌尖上。往下压木棍时，舌头向上顶住木棍。保持10秒钟。

4. Then place the stick under your tongue tip and push down against the stick while you push up on the stick. Hold this for 10 seconds.



4. 然后将木棍放在舌尖下，往上压木棍时，舌头向下顶住木棍。保持10秒钟。