

臉部強化練習

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.

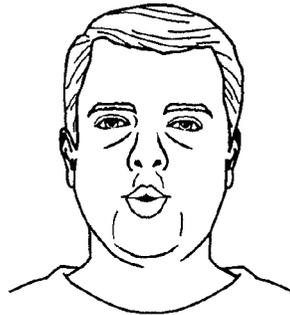
這些練習有助於下巴、臉頰、嘴唇與舌頭的力量和活動範圍。說話不清、吞嚥困難、或嘴巴肌肉無力者可從這些練習中獲益。

每天按照醫師、護士或治療師的指導練習_____次。

某些練習可能須要用到小木條，類似冰棒或壓舌板。

□ 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".

□ 噘唇

1. 噘起嘴唇，像是要親吻一樣。保持 5 秒。

2. 噘起嘴唇，將嘴巴從一邊移動到另一邊。勿移動舌頭。重複該動作 10 次。

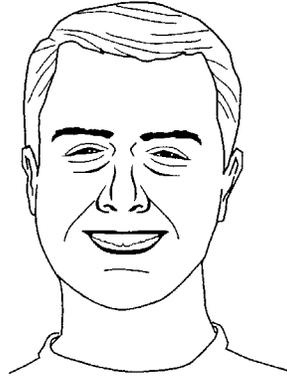
3. 緊閉嘴唇，然後發音：「m...m...m」、「p...p...p」、「b...b...b」。

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

4. 要做更多嘴唇緊閉的練習，則發音：「me...me...me」、「pe...pe...pe」、「be...be...be」。

☐ 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.

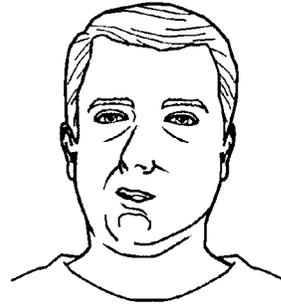
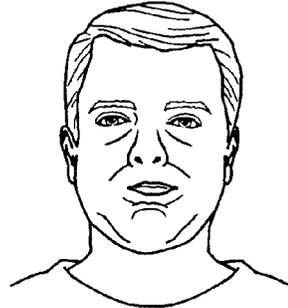


☐ 微笑

1. 微笑，露出上下排牙齒與牙齦。輕輕咬合牙齒。不要眯眼。保持 5 秒。
2. 噘起嘴唇，然後微笑。重複該動作 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.



☐ 鼓臉頰

1. 深吸一口氣鼓起臉頰。緊閉嘴唇，讓空氣停留在臉頰內。讓空氣停留在臉頰內 5 秒鐘。
2. 再次深吸一口氣，將空氣留在左臉頰。然後交換，把空氣留在右臉頰。

☐ “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.

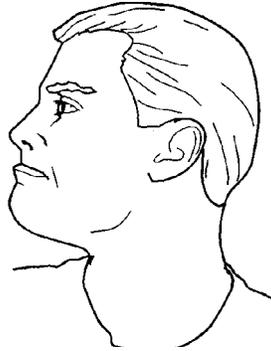


☐ 「O」形練習

1. 張開下巴，牙齒藏在唇下。收攏嘴唇成「O」形。
2. 重複該動作 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.

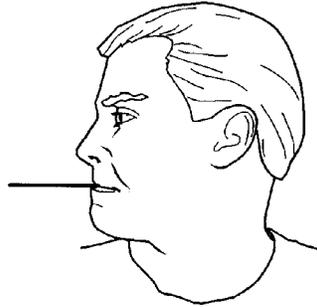


□ 下嘴唇上提

1. 盡可能把下唇提高，就像噘嘴一樣。保持該姿勢 5 到 10 秒。
2. 要練習頸部，提起嘴唇時把頭抬高。

□ 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.



□ 固唇

1. 放一根扁平的木條或壓舌板在雙唇之間。
2. 只用嘴唇壓住木條，保持木條平直。
3. 夾住木條 1 分鐘或盡可能久。

□ 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.



□ 舌頭伸展

1. 張開嘴巴，盡可能伸出舌頭。
2. 盡可能伸展舌頭。

□ 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.

□ 舌側伸展

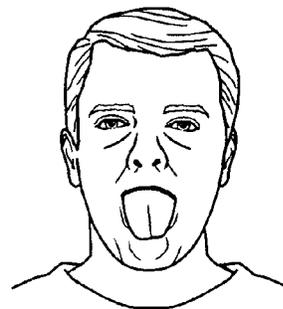
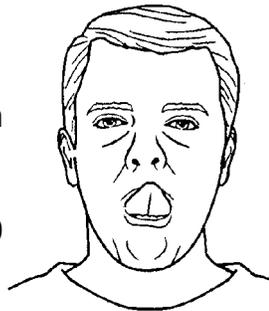
1. 將舌頭伸出往嘴巴右邊延伸。將舌頭盡可能伸向右邊達 10 秒鐘。

2. 將舌頭伸出往嘴巴左邊延伸。將舌頭盡可能伸向左邊達 10 秒鐘。

3. 伸出舌頭，然後快速從一側向另一側移動，每次都要確保碰觸到嘴角。

□ 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.



□ 舌頭上下伸展

1. 張開嘴巴，舌頭朝下巴伸展。朝下伸展舌頭，維持 10 秒鐘。
2. 張開嘴巴，舌頭朝鼻子伸展。朝上伸展舌頭，維持 10 秒鐘。

□ 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.



□ 掃舌

1. 舌頭沿牙齒和牙齦外側滑動，在嘴裡畫圈。從上顎開始，舌頭沿上排牙齒與牙齦掃動。
2. 然後換邊，舌頭沿下排牙齒與牙齦掃動。

□ 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.

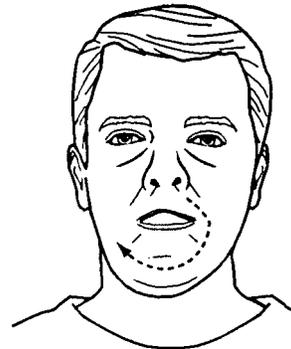


□ 掃齒

1. 用舌尖觸碰上排前牙的咬合面。
2. 舌尖沿牙齒邊緣滑至最右邊，維持 5 秒。
3. 再將舌尖沿牙齒邊緣滑至最左邊，維持 5 秒。
4. 然後，沿下排牙齒的咬合面重複該動作。

□ 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.

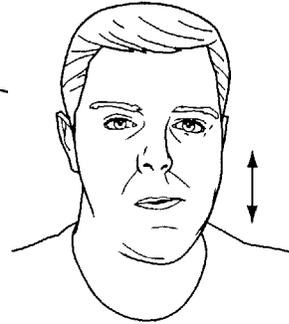
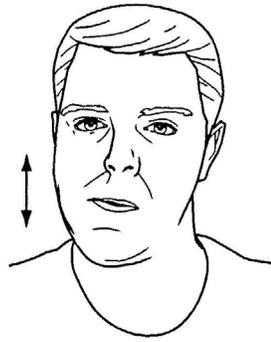


□ 舔唇

1. 用舌尖舔嘴唇，並提起或放下舌尖。
2. 重複該動作 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.



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.



□ 舌頭推頰

1. 用舌頭抵住右臉頰內側，然後上下移動。重複該動作 10 次。
2. 然後，左臉頰重複相同動作。

3. 用舌頭抵住右臉頰內側。將手指放在臉頰外側，推回舌頭。保持 5 秒。
4. 然後，左臉頰重複相同動作。

□ 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.



□ 壓舌板

1. 伸出舌頭。用舌尖伸出抵住木條、壓舌板或塑膠湯匙 2 或 3 次。現在，舌頭伸出抵住木條時將木條向內壓。保持這個姿勢 10 秒。

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. 將木條抵住舌頭一邊。將木條向內壓時舌頭側面抵住木條。保持這個姿勢 10 秒。換邊重複這個動作。

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. 將木條放在舌尖上方。向下推木條時，將舌頭向上抵住木條。保持 10 秒。

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. 然後將木條放在舌尖下方，向上推木條時，將舌頭向下抵住木條。保持這個姿勢 10 秒。