

Bell's Palsy

Resources

BELL'S PALSY



Bell's palsy is an unexplained episode of facial muscle weakness or paralysis. It begins suddenly and worsens over 48 hours. This condition results from damage to the facial nerve (the 7th cranial nerve).



Pain and discomfort usually occur on one side of the face or head. Bell's palsy is not considered permanent, but in rare cases, it does not disappear. Currently, there is no known cure for Bell's palsy; however, recovery usually begins 2 weeks to 6 months from the onset of the symptoms. Most people with Bell's palsy recover full facial strength and expression.



Bell's palsy can strike anyone at any age. It occurs most often in pregnant women, and people who have diabetes, influenza, a cold, or another upper respiratory ailment. Bell's palsy affects men and woman equally. It is less common before age 15 or after age 60. The cause of Bell's palsy is not known. It is thought that it may be due to inflammation that is directed by the body's immune system against the nerve controlling movement of the face.

RESOURCES



Try this game or use for face exercise examples and resources.

Check out:
<https://www.webmd.com/brain/best-exercises-bells-palsy>
For more information



WHAT CAN YOU DO?

During Bell's palsy, one side of the face becomes weak or paralyzed. To help speed up the recovery process, many people choose to do physical therapy for Bell's palsy.



WHY FACIAL EXERCISES?

Facial exercises and physical therapy for Bell's palsy help to increase muscle strength and to regain facial coordination from this temporary facial paralysis. Most exercises should be done three or four times a day in short sessions, with up to 30 repetitions per exercise.



HOW TO EXERCISE

Exercises for Bell's palsy are considered to be safe to do at home, unsupervised. However, you shouldn't overexert yourself or your muscles. Don't worry about completing all of the exercises if your muscles are telling you to stop.

Additionally, you don't want to force the two sides of your face to work against each other. If during your exercises for Bell's palsy you see that muscles are moving or pulling, you should stop. Relax your muscles and take a rest.