

Lip Trainer and Bell's Palsy (Facial Muscle Paralysis)

Lip Myofunctional Therapy applied with Lip Trainer Patakara has proven successful in the case of 74 year old male.

He had stroke for 3 years and is having over-salivation, swallowing difficulties and articulation disorders. Although he went for normal oral rehabilitation exercises, there were no improvements. However, after 2 months of using the Lip Trainer, changes were clearly seen.



The training of lip and oral muscles can easily lead to the perception that the cure of various symptoms is due to the training of muscles involved in the exercises. It is important to note that muscle movements are controlled by the brain. This is the critical effect of the exercise. So it is due to the muscles exercises that have affected brain activity in the right frontal lobe that led to an improvement in overall brain function.

Traditional rehabilitation methods have focused on training the body parts that has lost function.

However, the lost of function is not due to the body parts, but due to the brain's inability to control that body part.

The points to be noted when doing lip-stretching by Lip Trainer Patakara® for facial nerve disorders are as follows:

- a) Sustaining a light lip closure for 20 minutes continuously at one time gives good results.
- b) At the same time, when drinking water, the stretching of muscles can be enhanced by using the 'Bottle Lip Trainer' or Chu Lip on the affected side.
- c) In about 2 - 4 weeks from the start of such stretching, the ridge-line of the nose on the paralyzed side will slowly turn, along with the restoration of the muscles of the atrophied healthy side.
- d) After a lapse of about 4 weeks, the shape of the nose will become straight. After some time, the balance will improve further and good results will be obtained.

When using the device, keep the device balanced and horizontal and insert first behind the lips of the paralyzed side which cannot be closed. Although the paralysed side of the lips become inclined when the healthy side is closed, (and the Lip trainer also becomes slanted) this is normal at the beginning. Gradually, the lips will be able to close completely over the Lip Trainer in about 4 weeks time, and the Lip Trainer will become horizontal. So patience and persistence is the key to progress.