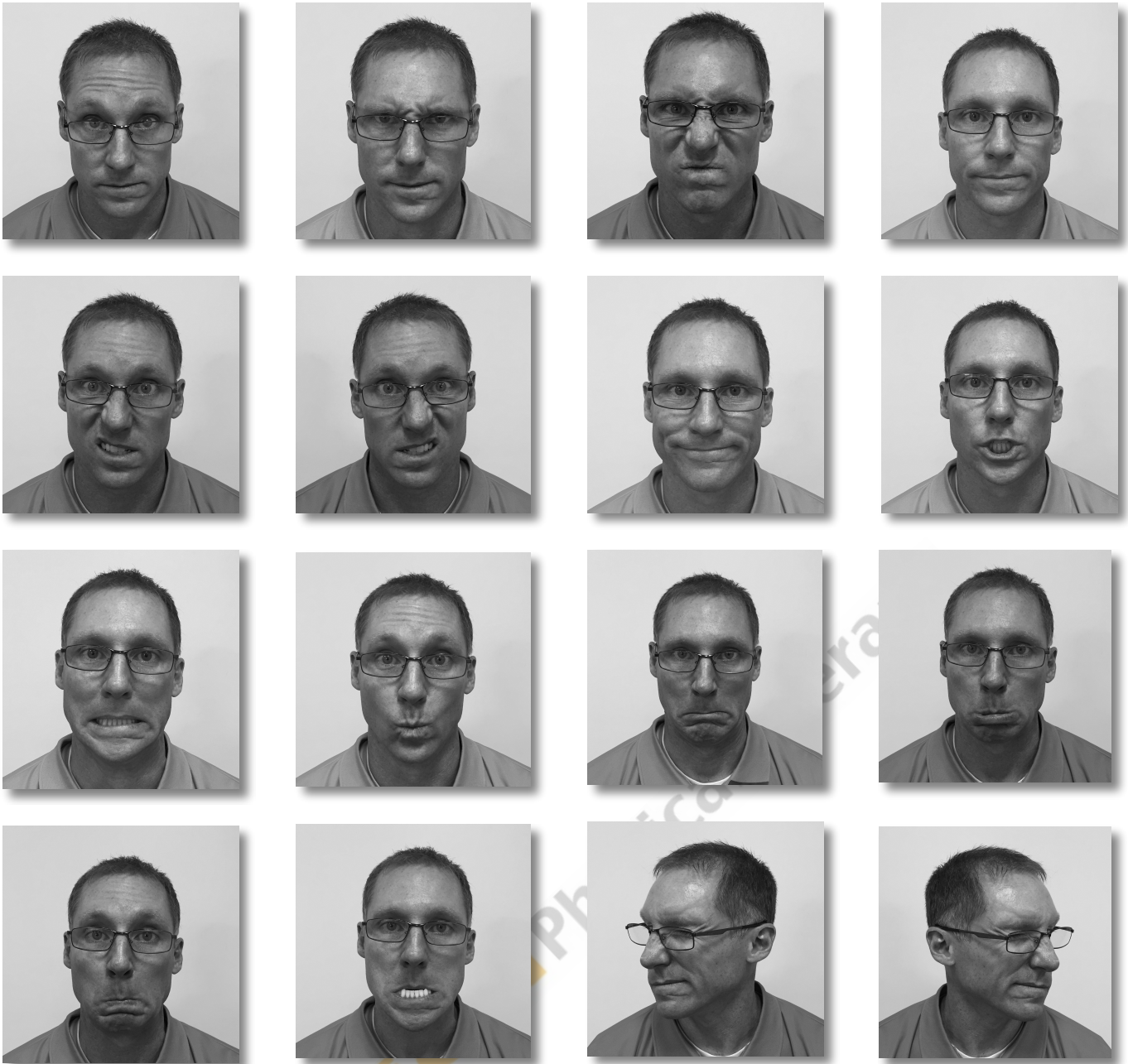


# Facial Exercises



- Perform each of the above exercises in front of a mirror for 10 minutes 3x/day.
- Look for symmetry of motion and avoid compensation or carry-over.