



Cheek Stretches

- Place your thumb inside the cheek with your fingers on the outside and grip firmly
- Keeping your fingers and thumb still, slowly pull your hand down towards your lips
- Work on each area in turn imagining you are moving around the clock
- Stretch down from 12 o'clock, 5 past and 10 past, then stretch across from quarter past, 20 past and 25 past
- Do 3 short stretches in each area
- Complete 3 further stretches with a 10 second hold at the end of the stretch



Lip Stretches

- Hold the centre of your lip firmly with the index finger of one hand
- With your other index finger, stretch the corner of your lip outwards – away from the other finger
- Do 3 short stretches
- Complete 3 further stretches with a 10 second hold at the end of the stretch
- Repeat with your lower lip



inside and fingers on
st above the jaw

- Do 3 short stretches in each area
- Complete 3 further stretches with a 10 second hold at the end of the stretch