



Desensitisation Exercises

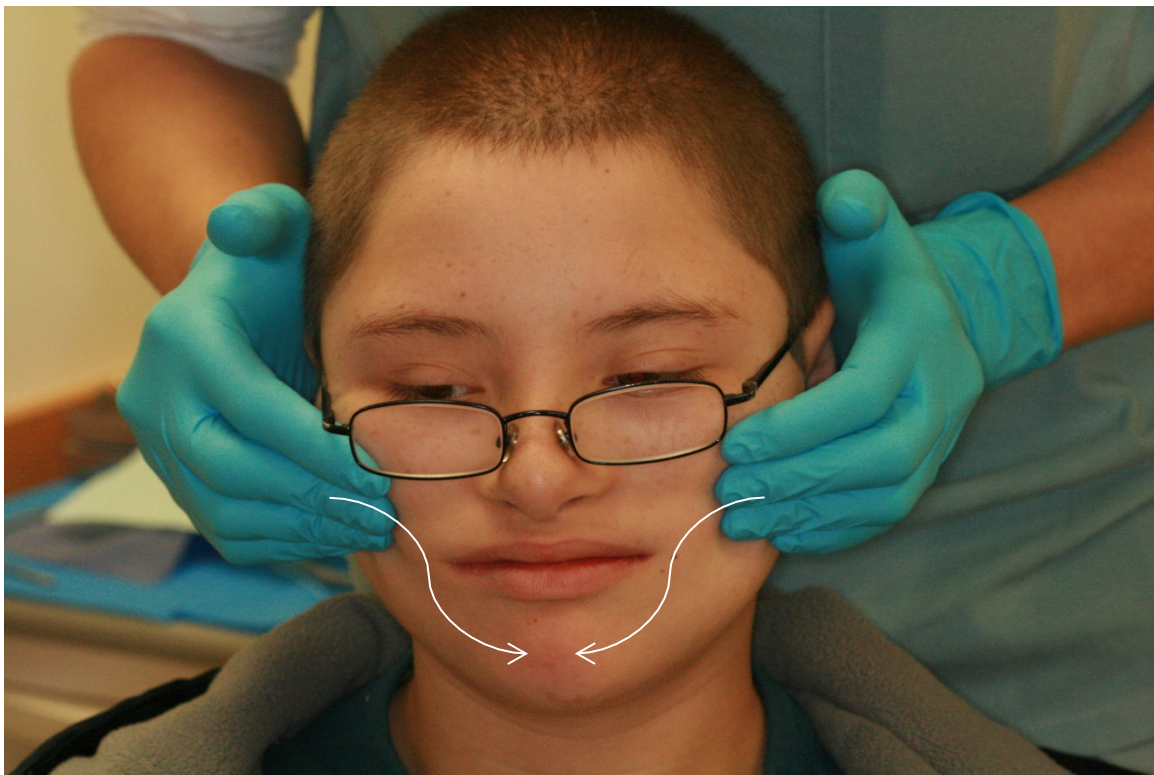
Exercises should be done at least 2-3 times every day.

Always use a gentle but firm touch

Step 1: Use both hands start in the middle of the forehead and stroke out to the top of the ears



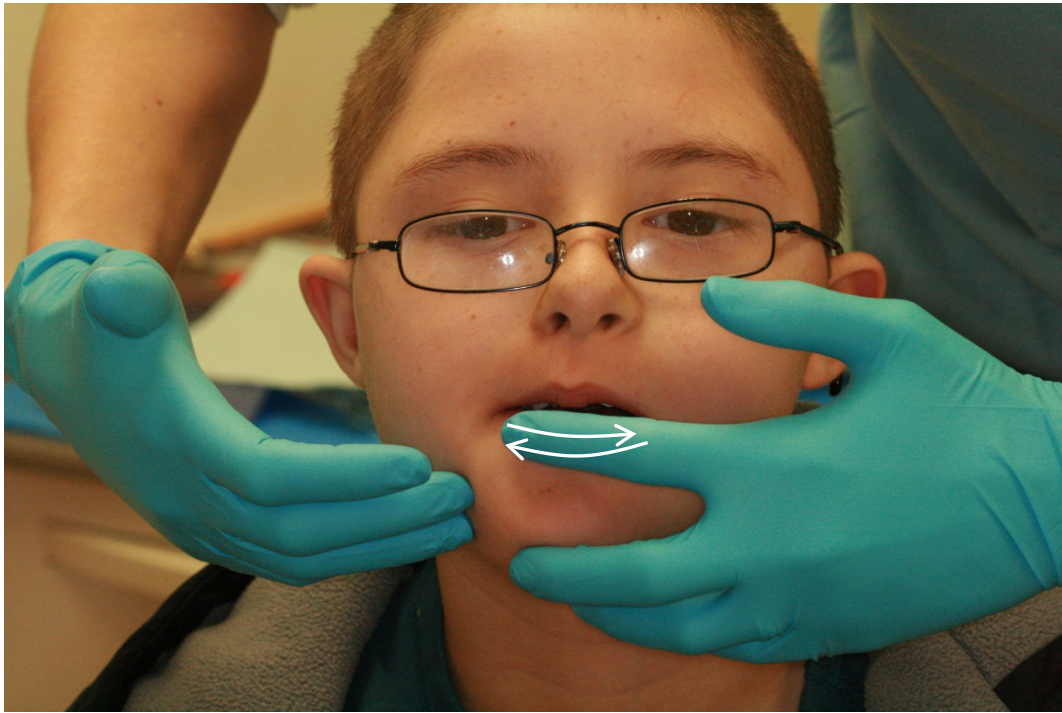
Step 2: Start at the cheekbone, stroke firmly down to the centre of the chin on both sides of the face.



Step 3 & 4: Stroke one side of the lower lip to the other side and then back again 4-5 times. Stroke the upper lip from the centre out of the corners of the mouth; repeat both sides 4-5 times.



Step 3 and 4 Continued



Step 5: Gentle press the upper and lower lip together using your forefinger and thumbs on both hands; hold for 3 seconds and then release. Repeat 5 times.



Step 6: Divide the inside of the mouth into 4 parts. Place the index finger on the border of the gum and work from the front to the back. Do not rub back and forth but repeat 10 times in one direction. Then practice the other three areas of the mouth in the same way

Caution: during this exercise be careful not to touch the frenum of the lip

