



Acupuncture point massage for facial palsy

顏面神經麻痺(面癱)的穴位按摩自我保健(英文)

Definition of facial palsy

The 7th cranial nerve, also called facial nerve, dominates various facial expressions and allows eyes to open and close. As facial nerves around pontine region of the brain and alongside facial canal are injured, it could incur facial palsy.

Symptoms

Patients often suffer from impaired sensation, numbness, incapable of coordination, and some degrees of asymmetry. They cannot control their facial expressions or open/close their eyes freely. Clinical manifestations include deviated mouth angles and tongue, uncontrollable drooling, and abnormal frontalis muscle movement.

Acupuncture point massage to promote self-health care

<p>1. → To prevent forehead wrinkles: Massage GB14.</p> <p>2. → To remedy semi-closed eyes: massage BL1 and GB1 points. With both thumbs.</p> <p>3. → To improve drooling problems: massage regions from ST4 to ST6 and TE17.</p>	
<p>4. → To get rid of <u>nasolabial folds</u> (smile lines): massage the following points like ST-2 and LI-20.</p>	

Prognosis and tips

1. Avoid exposing to cold, use protection such as hats or scarfs if necessary. Avoid facing air conditioners and fans directly when the machine is in operation; wear scarves and hats for protection.
2. Eyes protection :
 - Wears blinders to protect eyes and use eye drops if necessary.
 - Wear eye-mask and use eye drops before going to bed to prevent invasion of foreign entity.
 - Does not rub your eyes with hands
3. Pay attention to the temperature of food; avoid food that could burn your tongue and lips; and maintain oral hygiene.
4. Acupuncture point massage :

5. Apply lotion before massage. 6 times a day. 15~20 minutes each time.
6. Make use of a hot compress: after massage, use a hot compress for 10 minutes, for it increases blood circulation.
7. Face mirror and work on various kinds of facial expression 3 times a day and 5 ~ 10 minutes each time.
 - (1) bring your eyebrows together till there are wrinkles on your forehead.
 - (2) close eyes tightly and practice winking.
 - (3) Practice sucking
 - (4) practice blowing balloons
 - (5) practice making faces
 - (6) chewing gums
 - (7) read books and magazines aloud
8. 6 weeks after facial palsy attacks, 85 % patients' symptoms would relieve and recover naturally. 15 % of those patients would suffer from facial neurological degeneration, and it often takes 3 ~ 4 months to recover; unfortunately, patients might later have to face some sequelae like facial muscle weakness, contracture, and facial twitch.
9. Acupuncture Maybe helpful if performed at the beginning of the diseases.