

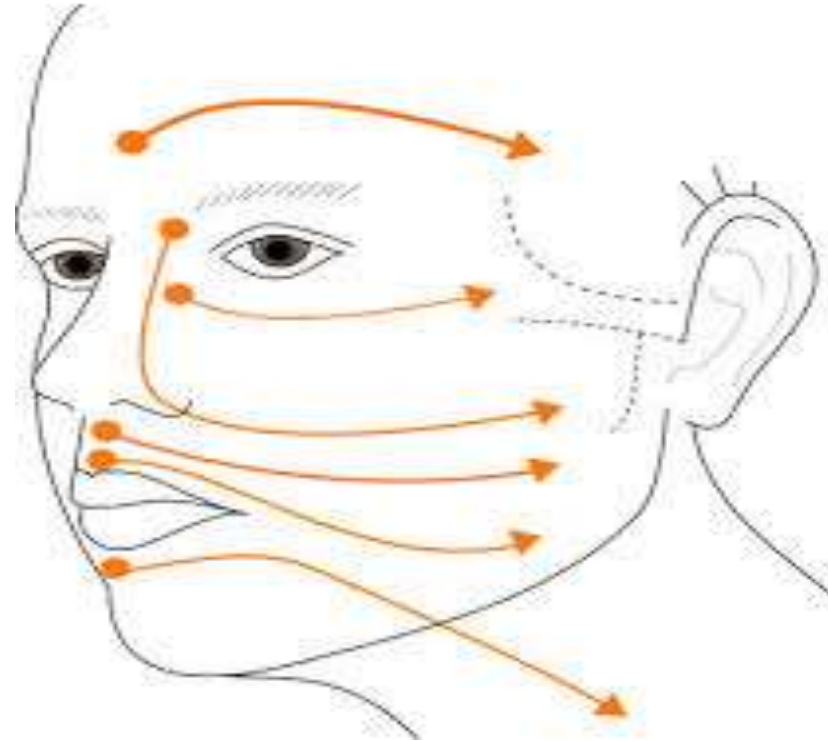
# **SNS COLLEGE OF PHYSIOTHERAPY COIMBATORE-35**

**COURSE NAME : BPT., Physiotherapy II Year**  
**SUBJECT : ExeTherapy II**  
**UNIT : I**  
**TOPIC : Facial Massage**  
**PREPARED BY : Varunkumar S**

Facial massage is a **specialized manual therapy technique** involving gentle, rhythmic manipulation of the **face**



- Stimulate blood and lymphatic circulation
- Improve muscle tone and mobility
- Reduce facial edema or puffiness
- Enhance tissue healing in facial palsy
- Relieve tension headaches
- Improve skin texture & elasticity
- Promote relaxation and stress relief
- Aid in drainage of blocked sinuses



## Muscles of Facial Expression

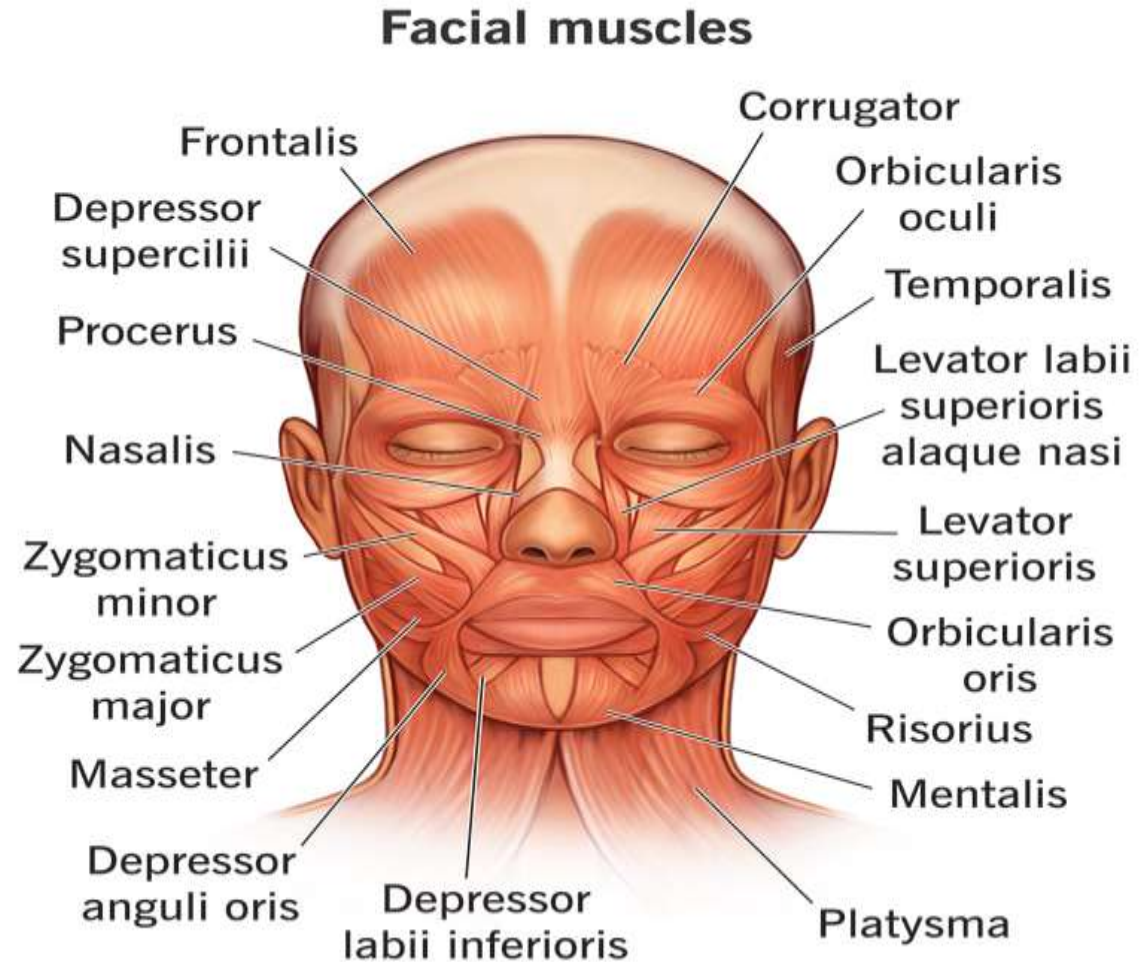
- Frontalis
- Orbicularis oculi
- Zygomaticus major/minor
- Buccinator
- Masseter
- Orbicularis oris
- Platysma

## Nerve Supply

- Facial nerve (CN VII)** – primary motor supply
- Trigeminal nerve (CN V)** – sensory supply

## Blood Supply

- Facial artery
- Superficial temporal artery



- Remove all jewelry, glasses, makeup
- Cleanse hands and ensure trimmed nails
- Comfortable patient position (supine or reclined 45°)
- Maintain hygiene and sanitization
- Check for contraindications:
  - Skin infection (acne flare, eczema, dermatitis)
  - Open wounds
  - Recent surgery
  - Severe facial pain of unknown origin
  - Severe sinus infection
  - Acute Bell's palsy (first 48–72 hours)



## STROKING

**Purpose:** Relaxation, warming the skin, preparing tissues.

**Technique:**

- Gentle gliding strokes using fingertips
- Start from mid-face → outward → downward along lymphatic pathways
- Rhythm must be slow and soothing

**Areas:** forehead, cheeks, chin, neck

**Effects:**

- Enhances lymph flow
- Reduces stress and anxiety
- Improves skin temperature



## EFFLEURAGE

**Purpose:** Improve circulation & stimulate deeper tissues.

### **Technique:**

- Firm, smooth gliding using palm or finger pads
- Movements in upward/outward direction following muscle fibers

### **Used for:**

- Facial palsy
- Tension relief
- Cosmetic improvement



## KNEADING (Petrissage Techniques)

Includes lifting, squeezing, rolling of soft tissues.

### Types:

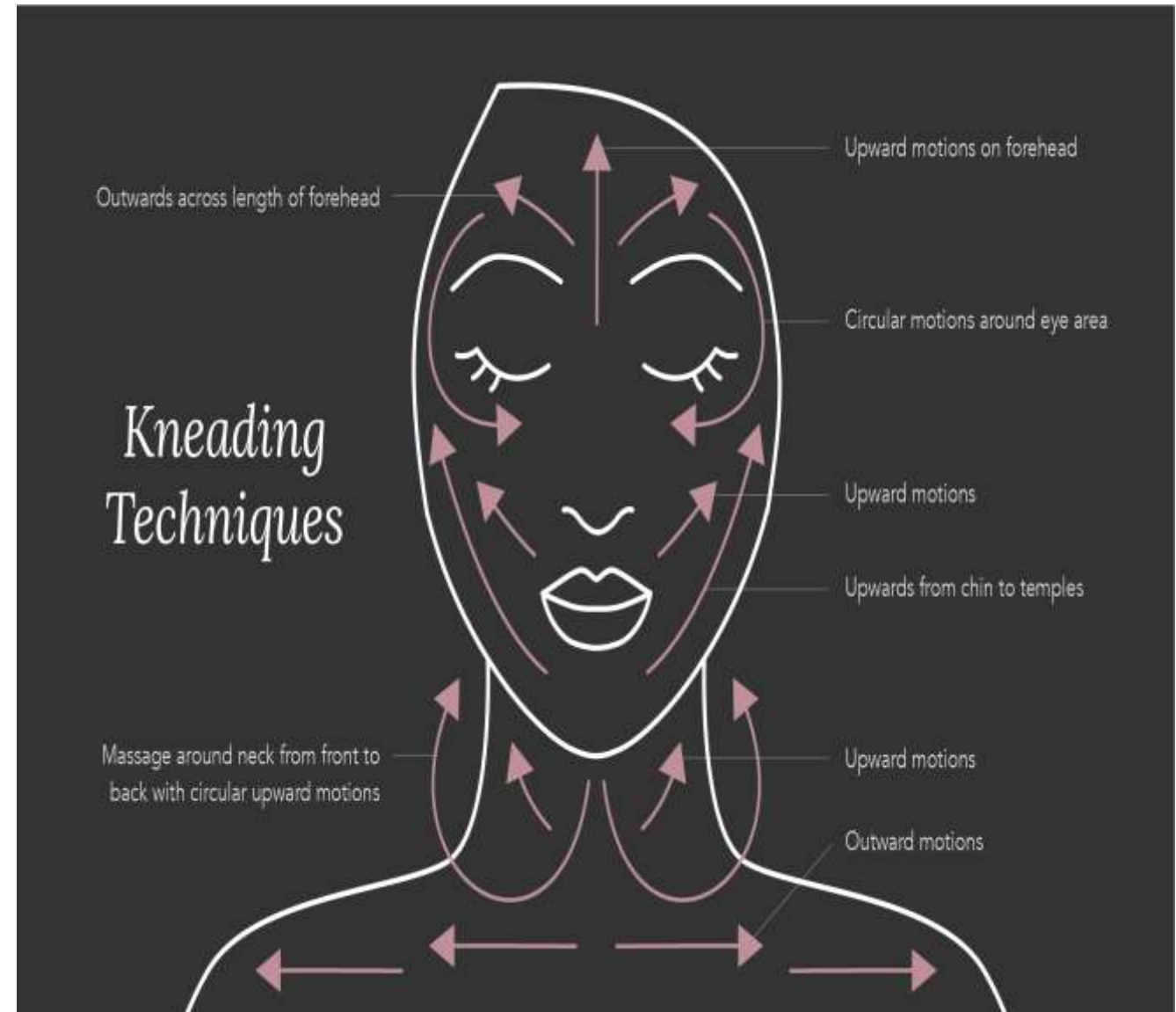
- Circular kneading
- Pinching & lifting (gentle)
- Skin rolling (avoid in sensitive skin)

### Application areas:

- Cheeks (zygomatic region)
- Perioral region
- Jawline

### Effects:

- Mobilizes deeper tissues
- Breaks mild adhesions
- Improves muscle tone
- Stimulates sebaceous glands



## FRICITION TECHNIQUES

**Purpose:** Break minor adhesions, improve muscle activation in facial palsy.

### **Technique:**

- Small circular or transverse friction using fingertips
- Used over masseter, temporalis, eyebrow region

### **Effects:**

- Improves local blood flow
- Useful in TMJ problems
- Stimulates neuromuscular activity



## **TAPOTEMENT (Very Gentle)**

Used minimally on the face.

### **Technique:**

- Light tapping with fingertips
- No heavy percussion

### **Benefits:**

- Stimulates muscles
- Helps activate weak muscles in Bell's palsy



## **Circulatory Effects**

- ↑ blood supply
- ↑ oxygen delivery
- Healthy glow of skin

## **Neuromuscular Effects**

- Improves facial nerve function
- Enhances proprioception
- Stimulates weak muscles in facial palsy

## **Lymphatic Effects**

- ↓ puffiness
- ↓ fluid retention

## **Skin Effects**

- Removes dead cells
- Improves texture & elasticity

## **Psychological Effects**

- Relaxation
- Reduced anxiety
- Stress relief



- Name:** Mrs. Meena
  - Age:** 45 years
  - Occupation:** School teacher
  - Condition:** Left-sided Bell's Palsy (LMN type)
  - Duration:** 1 week
- Management:** Facial Massage

