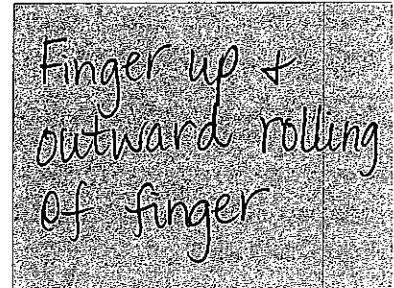


The next three exercises (i.e., Snarl, Pinch & Smile, and Balloon Lip) are especially recommended for clients displaying upper lip incompetence. Balloon Lip is also prescribed for improving lip closure and compression skills.

**Typical Assignments: Ten repeats, 3 times a day.**

### SNARLS



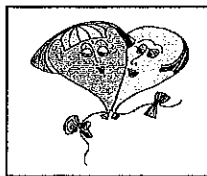
1. Lightly close back teeth and place index (pointer) finger flat above upper lip.
2. Your upper lip moves upward against the pressure (as in a lion's snarl) as you apply downward and outward movement with your finger. Continue rolling the index finger until it leaves the upper lip.
3. Relax and repeat. ***Be certain that the rolling motion is not "lop-sided" and that the upper lip is involved evenly in its entirety. (Alternating hands may help eliminate this.)***

### PINCH & SMILE



1. Hold upper lip *above* vermillion border (pink area) by placing finger on one side of midline and thumb on the other.
2. Squeeze thumb and finger together to apply pressure to upper lip area.
3. Smile widely, *keeping teeth closed*, until fingers lose grasp of lip.

### BALLOON LIP



1. With tongue tip to spot, lips closed, force air into area behind upper lip so that it 'balloons' outward.
2. Maintain this position to the count of ten.