

Measure Bell's Palsy Progress

with Neurological Tests

Once a week, take photos of your face and neck area with the following expressions. Make sure the photos are well-lit. Compare the photos on weekly basis to see your recovery progress.



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1. Neutral

Quiet, neutral expression, eyes open



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2. Eyes closed

Quiet, neutral expression, eyes closed



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3. Eyes shut

Eyes tightly shut



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4. Surprise

Lift the eyebrows (surprise)



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5. Kiss

Pucker (lips forward, kiss)



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6. Balloon

Blow the cheeks (balloon)



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7. Smile

Light smile



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8. Wide smile

Broad, "Hollywood" smile



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9. Grin

Show your upper and lower teeth (grin)