LEAH SEGELOV PT, MA IS PASSIONATE ABOUT HELPING HER PATIENTS MEET THEIR GOALS

- Trained in Facial Neuromuscular Retraining from the Facial Nerve Clinic at the Massachusetts Eye and Ear Infirmary in Boston, MA, as well as from Jackie Diels, OT in Wisconsin
- Earned her Bachelors of Applied Science (Physiotherapy) from Sydney University, Australia, in 1990
- Continued her studies in New York to obtain her Masters of Arts in Motor Learning (Movement Science) in 1996 from Teachers College, Columbia University
- 25 years experience as a Physical Therapist in major teaching hospitals and private practices
- Opened her own private practice, Segelov Physical Therapy, PLLC in 2015

FACIAL NEUROMUSCULAR RETRAINING CAN HELP

APPEARANCE
- Smile symmetry
- Eye closure (if not yet able)
- Facial symmetry at rest and with facial expressions
- Reduce intensity of synkinesis (eye closure with mouth movements, cheek twitches with eye closure or other patterns of abnormal facial movements)

PHYSICAL AND EMOTIONAL COMFORT
- Reduce facial tightness
- Decrease eye irritation
- Feel more comfortable being in photos with family and friends
- Improve social confidence with eating and drinking

MOVEMENT AND FUNCTION
- Improve facial muscle strength and control
- Movement control for facial expressions
- Eat and drink with increased ease
- Enhance ability and confidence to speak and communicate

FOR INQUIRIES AND SCHEDULING APPOINTMENTS

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FACIAL RETRAINING FOR FACIAL PARALYSIS, WEAKNESS AND SYNKINESIS

It is possible to retrain and regain a better smile, oral-motor functions and facial expressions

New York, NY • 646-505-9545
WHAT IS FACIAL NEUROMUSCULAR RETRAINING?

A comprehensive program to retrain the brain, nerves and muscles to control facial movement and expression. Based on neuroplasticity and motor learning principles, one can learn to reinforce correct movements and inhibit aberrant movement patterns.

FACIAL NEUROMUSCULAR RETRAINING INCLUDES:

- Education of facial nerve and muscle anatomy and how facial expressions are created
- Learn about the stages of recovery from facial paralysis
- Understand how and why facial synkinesis impacts your facial muscles and expressions
- Facial self awareness. Tune in to how your face really feels and moves
- Massage and soft tissue mobilization of tight muscles of the face and neck
- Myofascial release to the face and neck
- Stretches specific to each facial muscle
- Eye care — tips and strategies to protect your eye, prevent dryness and eye irritation, and promote full eye closure
- Facial movement retraining on each distinctive facial expression to facilitate the precise movement and inhibit aberrant movements
- Oral-motor training to facilitate improvements in eating, drinking and speech
- Relaxation and Mindfulness training
- Biofeedback training
- Self care tips
- Close collaboration with treating physician. Neuromuscular retraining coordinated with Botox injections as needed

WHO MAY BENEFIT?

Anyone suffering from a myriad of facial dysfunctions resulting from facial nerve paralysis, weakness and synkinesis may benefit from facial retraining. Even after many years since the initial insult, facial retraining can be very effective.

- Bell’s Palsy
- Ramsay Hunt Syndrome
- Congenital facial paralysis
- Lyme disease
- Surgical removal of Acoustic Neuromas, facial nerve or parotid tumors
- Trauma — skull fractures, facial lacerations or surgeries resulting in insult to the facial nerve
- After facial reanimation surgery

UNIQUE TREATMENT

- Private rooms in New York City
- Patient centered
- Individualized and personal
- Holistic approach
- One hour appointments
- Detailed evaluation and treatments
- Educate and empower clients
- Self management with independent home program encouraged

Feel, Move, & Live Better