

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

effect of kabat technique vs facial neuromuscular re-education technique to reduce facial disability and synkinesis in bell's palsy patients

Protocol summary

Study aim

to compare the effect of kabat technique vs facial neuromuscular re-education technique to reduce facial disability and synkinesis in bell's palsy patients

Design

parallel group, single blinded, randomized control trial

Settings and conduct

OPD physiotherapy department mayo hospital

Participants/Inclusion and exclusion criteria

• INCLUSION CRITERIA: a) Age: 20-60 years b) Diagnosed cases of Bell's palsy c) Non traumatic origin d) onset(0-6 months) • EXCLUSION CRITERIA: a) Psychiatric patients or non-cooperative patients b) Patients complaining of other neurological deficits c) Post-surgical cases d) Neurotmesis e) Upper motor neuron lesion f) Any underlying terminal disease

Intervention groups

group A kabat technique group B neuromuscular re-education technique

Main outcome variables

synkinesis and facial disability

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220522054955N1**

Registration date: **2023-01-23, 1401/11/03**

Registration timing: **retrospective**

Last update: **2023-01-23, 1401/11/03**

Update count: **0**

Registration date

2023-01-23, 1401/11/03

Registrant information

Name

Rabia Rahim

Name of organization / entity

King edward medical university lahore

Country

Pakistan

Phone

+92 321 4558408

Email address

rabiaarahim08@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-04-05, 1401/01/16

Expected recruitment end date

2022-07-01, 1401/04/10

Actual recruitment start date

2022-04-11, 1401/01/22

Actual recruitment end date

2022-07-10, 1401/04/19

Trial completion date

2022-07-10, 1401/04/19

Scientific title

effect of kabat technique vs facial neuromuscular re-education technique to reduce facial disability and synkinesis in bell's palsy patients

Public title

effect of kabat technique vs facial neuromuscular re-education technique to reduce facial disability and synkinesis in bell's palsy patients

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age: 20-60 years Diagnosed cases of Bell's palsy Non traumatic origin onset(0-6 months

Exclusion criteria:

a) Psychiatric patients or non-cooperative patients

Patients complaining of other neurological deficit Post-surgical cases Neurotomesise Upper motor neuron lesion Any underlying terminal disease

Age

From **20 years** old to **60 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **85**

Actual sample size reached: **70**

Randomization (investigator's opinion)

Randomized

Randomization description

it was a single blinded randomized control trial.. all he participants who came o physiotherapy department diagnosed with bells palsy were considered . 70 patients were allotted in two groups via lottery method

Blinding (investigator's opinion)

Single blinded

Blinding description

in this study participants are blinded for treatment technique. two different techniques were provided to patients and they were blind about that which technique is given to which patient

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

advanced studies and research board

Street address

Neela Gumbad, New anarkali, Lahore

City

lahore

Postal code

36121

Approval date

2022-04-05, 1401/01/16

Ethics committee reference number

2543/KEMU/2022

Health conditions studied

1

Description of health condition studied

Bells' palsy patients

ICD-10 code

G51

ICD-10 code description

Facial nerve disorders

Primary outcomes

1

Description

facial disability

Timepoint

baseline, after three weeks and after 6 weeks

Method of measurement

facial disability index

2

Description

synkinesis

Timepoint

baseline,after 3 weeks and after 6 weeks

Method of measurement

sunny brook facial grading score

Secondary outcomes

empty

Intervention groups

1

Description

Group A will recieve the Kabat technique . Kabat et al. invented it. It is a manual resistance exercise that stimulates fundamental movement patterns, activates proprioceptors, accelerates the neuromuscular mechanism's response, and either promotes facilitation or inhibits it. It also improves flexibility, strength, and coordination. Conventional treatment includes: • Galvanic current interrupted by 100 milliseconds, rectangular waveform, three sets, and three contractions in each set • Facial massage by hand: effleurage, kneading, wringing, hacking, tapping, and stroking from finger to thumb are all forms of exercise. • For a total of six weeks, intervention was provided twice per week. One session of treatment lasted between 45 and an hour.

Category

Treatment - Devices

2

Description

Intervention group: Received neuromuscular re-education technique The patient was placed into one of four treatment-based categories—initiation, facilitation, movement control, and relaxation—based on their impairment on the Sunny Brook Facial Grading Scale

(SFGS).Conventional treatment includes:• Galvanic current interrupted by 100 milliseconds, rectangular waveform, three sets, and three contractions in each set • Facial massage by hand: effleurage, kneading, wringing, hacking, tapping, and stroking from finger to thumb are all forms of exercise. • For a total of six weeks, intervention was provided twice per week. One session of treatment lasted between 45 and an hour.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

OPD physiotherapy department Mayo hospital lahore

Full name of responsible person

RABIA RAHIM

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86-B rehman pura muslim town

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Phone

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Email

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

king edward medical university

Full name of responsible person

dr muhammad iqbal

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neela gumbad , new anarkali lahore

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Phone

+92 300 8020301

Email

iqbaldr1069@gmail.com

Grant name

rabia rahim

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

king edward medical university

Proportion provided by this source

20

Public or private sector

Public

Domestic or foreign origin

Domestic

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

Academic

Person responsible for general inquiries

Contact

Name of organization / entity

king edward medical university

Full name of responsible person

Rabia Rahim

Position

student

Latest degree

Medical doctor

Other areas of specialty/work

physiotherapist

Street address

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Person responsible for scientific inquiries

Contact

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Full name of responsible person

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Position

professor

Latest degree

Medical doctor

Other areas of specialty/work

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Person responsible for updating data

Contact

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Full name of responsible person

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Position

student

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

Study Protocol

Yes - There is a plan to make this available

Statistical Analysis Plan

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Yes - There is a plan to make this available

Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available

Title and more details about the data/document

EFFECT OF KABAT TECHNIQUE AND FACIAL
NEUROMUSCULAR RE-EDUCATION TECHNIQUE TO
REDUCE FACIAL DISABILITY AND SYNKINESIS IN BELLS
PALSY PATIENTS

When the data will become available and for how long

study is completed and become available after its
publication

To whom data/document is available

person in academic institute. patient data will not be
shown

Under which criteria data/document could be used

under the usage with terms in which journal is accessed /
processed for publication it could be used on request

From where data/document is obtainable

from the university office and responsible supervisor and
from journal we will process in future

What processes are involved for a request to access data/document

can be on call or mail it will be only used in confidential
way for improving research and benefit of humanity

Comments