

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

Effectiveness of Kabat Exercises along with Mirror Therapy in Bell's palsy

Protocol summary

Study aim

The aim of this study is to explore the effect of Kabat exercises along with mirror therapy in Bell's palsy in improving facial movement and asymmetry

Design

The 32-patient age range of 25–50 years was included in this study. In this randomized clinical trial, the non-probability purposive sampling technique (random allocation to groups by means of the lottery method) was used. Randomization was done into 2 groups (treatment group and control group).

Settings and conduct

Faisal Hospital, Rubina memorial Hospital, Madinah teaching Hospital, Allied hospital Faisalabad, Mujahid Hospital, Shahid Ahmed heera's Health Clinic

Participants/Inclusion and exclusion criteria

Inclusion criteria: Both genders, Male and Female, Age of 25–50 years, Acute onset (1–3 weeks), BP diagnosed with HBGS (grades III and IV), Facial asymmetry checked with FDI. Exclusion criteria: Patient having psychological problems, Hypertensive patient, Neurological deficit, Sensory deficit, Stroke, MS.

Intervention groups

In the treatment group intervention, Kabat exercise along with mirror therapy for 12 sessions over 4 weeks, 3 times per week, for 10–15 minutes. In the control group only Kabat exercise was given for 12 sessions over 4 weeks, 3 times/week for 10–15 minutes.

Main outcome variables

Facial movement (like eye closing, blinking, lip closing smile) and asymmetry

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230706058696N1**

Registration date: **2023-09-09, 1402/06/18**

Registration timing: **retrospective**

Last update: **2023-09-09, 1402/06/18**

Update count: **0**

Registration date

2023-09-09, 1402/06/18

Registrant information

Name

Aqsa Waheed

Name of organization / entity

The University of Faisalabad

Country

Pakistan

Phone

+92 300 6620110

Email address

aqsawaheed48@yahoo.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-04-12, 1402/01/23

Expected recruitment end date

2023-06-28, 1402/04/07

Actual recruitment start date

2023-04-26, 1402/02/06

Actual recruitment end date

2023-07-05, 1402/04/14

Trial completion date

2023-07-10, 1402/04/19

Scientific title

Effectiveness of Kabat Exercises along with Mirror Therapy in Bell's palsy

Public title

Effectiveness of Kabat Exercises along with Mirror Therapy in Bell's palsy

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria:

Age of 25–50 years Acute onset (1-3 weeks) Diagnosed with House Brackmann grading index (grades III and IV), Both genders, Male and female,

Exclusion criteria:
Patient having psychological problems Hypertensive patient Having Neurological deficit Having any Sensory deficit Patient having Stroke

Age
From **25 years** old to **50 years** old

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **32**
Actual sample size reached: **32**

Randomization (investigator's opinion)
Randomized

Randomization description
In this study purposive sampling technique by random allocation to groups by means of lottery method used in this study. In lottery method we make 32 chits, 16 each of both group with the name of a treatments written on it. The chits are placed in a container and ask patient to pick 1 chit from the container.

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee

Name of ethics committee
Research and ethics / Technical committee

Street address
Faisal Town, West Canal Road

City
Faisaalabad

Postal code
38000

Approval date
2023-03-10, 1401/12/19

Ethics committee reference number
2021-MSPT-052

Health conditions studied

1

Description of health condition studied
bells palsy

ICD-10 code
G51.0

ICD-10 code description
Bell's palsy

2

Description of health condition studied
facial movement

ICD-10 code
R29.810

ICD-10 code description
Facial weakness

3

Description of health condition studied
facial asymmetry

ICD-10 code
Q67.0

ICD-10 code description
facial asymmetry

Primary outcomes

1

Description
facial movements

Timepoint
1st day of treatment , 4th week at the end day of treatment and after 1 month as a follow-up

Method of measurement
House Brackmann Grading Index and Facial Disability Index

2

Description
facial asymmetry

Timepoint
1st day of treatment , 4th week at the end day of treatment and after 1 month as a follow-up

Method of measurement
House Brackmann Grading Index and Facial Disability Index

Secondary outcomes
empty

Intervention groups

1

Description
Intervention group: In Group 1, the treatment intervention was Kabat exercise along with mirror therapy for 12 sessions over 4 weeks, 3 times per week

for 10-15 minutes.

Category

Rehabilitation

2

Description

Control group: In the control group, only Kabat exercises were given for 12 sessions over 4 weeks, 3 times per week for 10-15 minutes.

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

Faisal hospital

Full name of responsible person

Nabeel Zahid , Sarwat Mehmood

Street address

673-A Lower Canal Rd E, Block A People's Colony No 1, Faisalabad, Punjab

City

Faisalabad

Postal code

38000

Phone

+92 41 8719677

Email

aqsaheed48@yahoo.com

2

Recruitment center

Name of recruitment center

Mujahid hospital

Full name of responsible person

DR Khalid

Street address

Mujahid Hospital, P-103 Z Block Madina Town, Green Belt, Susan Road, Faisalabad

City

Faisalabad

Postal code

38000

Phone

+92 41 8841364

Email

aqsaheed48@yahoo.com

3

Recruitment center

Name of recruitment center

Rubina Memorial Hospital

Full name of responsible person

DR Dawood

Street address

717-A Satayana Rd, Batala Colony Faisalabad, Punjab

City

Faisalabad

Postal code

38000

Phone

+92 41 8738885

Email

aqsaheed48@yahoo.com

4

Recruitment center

Name of recruitment center

Dr Shahid Ahmed Heera Clinic

Full name of responsible person

Saqib Imran

Street address

Main Blvd, near Manzar Medical Center & Poly Clinic, D Ground Block D People's Colony No 1, Faisalabad, Punjab

City

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Postal code

38000

Phone

+92 41 8727918

Email

aqsaheed48@yahoo.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Street address

The University of Faisalabad

City

faisalabad

Postal code

38000

Phone

+92 41 8868326

Email

info@tuf.edu.pk

Web page address

https://www.tuf.edu.pk/

Grant name

Grant code / Reference number

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

No

Title of funding source

The University of Faisalabad

Proportion provided by this source

100

Public or private sector

Private

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**

The University of Faisalabad

Full name of responsible person

Dr Sidra Majeed

Position

Associate Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

Faisal town west canal road

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Province

Punjab

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Person responsible for scientific inquiries**Contact****Name of organization / entity**

The University of Faisalabad

Full name of responsible person

Aqsa Waheed

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

New hasseb shaheed calony,house 1, street 1

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Province

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Phone

+92 335 6663110

Email

aqsaawaheed48@yahoo.com

Person responsible for updating data**Contact****Name of organization / entity**

The University f Faialabad

Full name of responsible person

Aqsa Waheed

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

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City

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Postal code

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Phone

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Email

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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

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

Informed Consent Form

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

Clinical Study Report

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

Analytic Code

Not applicable

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

Effectiveness of Kabat exercises along with mirror therapy in Bell's palsy

When the data will become available and for how long

3 months

To whom data/document is available

people working in academic institutions.

Under which criteria data/document could be used

IPD and any other additional documents

From where data/document is obtainable

contact person: Aqsa Waheed Contact no. 92335-6663110

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

Data will be provided by contacting the above mentioned

person.

Comments