

Clinical Trial Protocol

Iranian Registry of Clinical Trials

11 Sep 2026

COMPARATIVE EFFECTS OF NEURAL MOBILIZATION AND PROPRIORECEPTIVE NEUROMUSCULAR FACILITATION IN PATIENTS WITH BELL'S PALSY

Protocol summary

Study aim

To see the effectiveness of neural mobilization and PNF stretching in Bell's palsy patients. To see which one is more effective treatment for the Bell's palsy.

Design

A Randomized Clinical Trial Study

Settings and conduct

Govt. Allied Hospital Faisalabad; Punjab (Pakistan)

Participants/Inclusion and exclusion criteria

Following are the inclusion criteria :- Patients with idiopathic bell's palsy. Patients with unilateral bell's palsy. People who are ranging from 15 years to 45 years of age. Patient who are at grade 2 (mild dysfunction) and grade 3 (moderate dysfunction) according to House Brakmann scale. Patients who are not taking medical treatment for it (For Example NSAIDS or steroids). AND below are for exclusion criteria:- Patients taking any other treatment for the bell's palsy. Those who refuse for the consent. Those who have any head injury, trauma, psychological disorders or recent surgery. Those who have any other serious co morbidity like malignancy, tumor, neurogenic shock. Patients who have autoimmune disorders. Patients who are taking medications like NSAIDS or Steroids. Patients having traumatic injury. Patients who had recent surgery related to dental, ear, nose or throat.

Intervention groups

Group A = PNF technique/intervention (proprioceptive Neuromuscular Facilitation) Group B= Neural Mobilization/ intervention

Main outcome variables

There are two main outcome varriables used for it. That is House Brackmann Scale (HBS) and Facial Disability Index Scale (FDI)

General information

Reason for update

Acronym

PNF

IRCT registration information

IRCT registration number: **IRCT20230721058872N1**

Registration date: **2023-09-24, 1402/07/02**

Registration timing: **retrospective**

Last update: **2023-09-24, 1402/07/02**

Update count: **0**

Registration date

2023-09-24, 1402/07/02

Registrant information

Name

Maidah Bashir

Name of organization / entity

The University Of Faisalabad

Country

Pakistan

Phone

+92 41 87509715

Email address

maidahbashir@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-03-26, 1402/01/06

Expected recruitment end date

2023-07-26, 1402/05/04

Actual recruitment start date

2023-03-26, 1402/01/06

Actual recruitment end date

2023-03-26, 1402/01/06

Trial completion date

2023-03-28, 1402/01/08

Scientific title

COMPARATIVE EFFECTS OF NEURAL MOBILIZATION AND PROPRIORECEPTIVE NEUROMUSCULAR FACILITATION IN PATIENTS WITH BELL'S PALSY

Public title

Effects of Neural Mobilization and PNF for Bell's palsy

Purpose

Other

Inclusion/Exclusion criteria**Inclusion criteria:**

Patients with idiopathic bell's palsy. Patient who are at grade 2 (mild dysfunction) and grade 3 (moderate dysfunction) according to House Brakmann scale. Patients with unilateral bell's palsy. People who are ranging from 15 years to 45 years of age. Patients who are not taking medical treatment for it (For Example NSAIDS or steroids).

Exclusion criteria:

Patients taking any other treatment for the bell's palsy. Those who refuse for the consent Those who have any head injury, trauma, psychological disorders or recent surgery Those who have any other serious co morbidity like malignancy, tumor and neurogenic shock. Patients who have autoimmune disorders. Patients who had recent surgery related to dental, ear, nose or throat.

Age

From **15 years** old to **45 years** old

Gender

Female

Phase

N/A

Groups that have been masked

- Participant

Sample size

Target sample size: **36**

More than 1 sample in each individual

Number of samples in each individual: **18**

N/A

Actual sample size reached: **36**

Randomization (investigator's opinion)

Randomized

Randomization description

Tools used in randomization such as table of random numbers. (eg: chit draw by lottery method)

Blinding (investigator's opinion)

Single blinded

Blinding description

single blinded at subject/participant level

Placebo

Not used

Assignment

Parallel

Other design features**Secondary Ids**

empty

Ethics committees**1****Ethics committee****Name of ethics committee**

The University Of Faisalabad.

Street address

University Avenue, Faisal Town Canal Road, Faisalabad, Punjab (Pakistan)

City

Faisalabad

Postal code

38000

Approval date

2023-03-24, 1402/01/04

Ethics committee reference number

58872

Health conditions studied**1****Description of health condition studied**

Bell's Palsy

ICD-10 code

G51

ICD-10 code description

Facial nerve disorders

Primary outcomes**1****Description**

House Brackmann Scale (HBS) & Facial Disability Index Scale (FDI)

Timepoint

Primary Outcome measure was taken at baseline of treatment at 1st week, before giving intervention and than measure at end of three weeks after giving treatment.

Method of measurement

primary outcome measurement was taken by analysis of grade 2, 3 and grade 4 by using House Brackmann scale and Facial Disability Scale by using two dimensions of it that are physical impairment and psychological impairment of Bell's Palsy

Secondary outcomes**1****Description**

House Brackmann Scale (HBS) and Facial Disability Index Scale (FDI)

Timepoint

3 Weeks

Method of measurement

At end of treatment session of 3 weeks we analysed grades by House Brackmann Scale (HBS) and physical

and social/psychological impairment by Facial Disability Index Scale (FDI)

Intervention groups

1

Description

Intervention group: PNF

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center

The University Of Faisalabad. (Govt, Allied Hospital. Faisalabad)

Full name of responsible person

Dr. Marium Zafar; PT

Street address

University Avenue, Faisal Town Canal Road, Faisalabad, Punjab /Dr. Tusi Rd, Faisalabad, Punjab.

City

Faisalabad

Postal code

38000

Phone

+92 300 4561972

Email

mariam.zafar@tuf.edu.pk

Web page address

<https://tuf.edu.pk/n/departments-details/department-of-rehabilitation-sciences>

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

The University of Faisalabad

Full name of responsible person

Maidah Bashir

Street address

House No 126, Chambeli Block; The Four Seasons Housing Society - Faisalabad.

City

Faisalabad

Postal code

38000

Phone

+92 322 7810920

Email

maidahbashir@gmail.com

Web page address

<https://tuf.edu.pk/n/contact>

Grant name

nill

Grant code / Reference number

nill

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

No

Title of funding source

N/A

Proportion provided by this source

1

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

Maidah Bashir

Full name of responsible person

The University Of Faisalabad

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

House No 126, Chambeli Block; The Four Seasons Housing Society - Faisalabad.

City

Faisalabad

Province

Punjab

Postal code

38000

Phone

+93 22 781 0920

Email

maidahbashir@gmail.com

Person responsible for scientific inquiries

Contact

Name of organization / entity

The University of Faisalabad.

Full name of responsible person

Dr. Marium Zafar; PT

Position

Assistant Professor

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

University Avenue, Faisal Town Canal Road,

Faisalabad, Punjab /Dr. Tusi Rd, Faisalabad, Punjab.

City

Faisalabad

Province

Punjab

Postal code

38000

Phone

+92 300 4561972

Email

mariam.zafar@tuf.edu.pk

Person responsible for updating data

Contact

Name of organization / entity

The University of Faisalabad.

Full name of responsible person

Maidah Bashir

Position

Student

Latest degree

Master

Other areas of specialty/work

Physiotherapy

Street address

House No 126, Chambeli Block; The Four Seasons
Housing Society - Faisalabad.

City

Faisalabad

Province

Punjab

Postal code

38000

Phone

+92 322 7810920

Email

maidahbashir@gmail.com

Web page address

https://www.linkedin.com/in/maidah-bashir-6a22621a1/?trk=people_directory&originalSubdomain=pk

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

No - There is not a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

No - There is not a plan to make this available

Data Dictionary

Yes - There is a plan to make this available

Title and more details about the data/document

Comparative Effects of Neural Mobilization and PNF stretching in patients with Bell's Palsy

When the data will become available and for how long

(starting in september 2023)- (starting 12 months after publication)

To whom data/document is available

academics institutions

Under which criteria data/document could be used

under the RCT studies

From where data/document is obtainable

<https://www.linkedin.com/in/maidah-bashir-6a22621a1/>

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

<https://www.linkedin.com/in/maidah-bashir-6a22621a1/>

Comments