Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Effects of facial Neuromuscular Retraining with and without neural Mobilization on facial Symmetry and disability in patients with Bell's palsy

Protocol summary

Study aim
To determine the effects of facial neuromuscular retraining, with and without neural mobilization on facial symmetry and disability in patients with Bell's Palsy.

Design
Randomized Controlled Trial, Single-blinded study design,the sample size will be 44 participants

Settings and conduct
Trail will be conducted at General Hospital, Lahore Upon randomization, participants will be briefed on their respective therapy programs. The researcher responsible for outcome assessments will remain unaware of the group allocation throughout the study.

Participants/Inclusion and exclusion criteria
Inclusion Criteria: Unilateral loss of facial weakness. House Brackman grades 3 and 4 Acute onset 1-3 weeks. No history of earlier Bell's palsy or diabetes(6) Exclusion Criteria: Stroke associated with Bell's palsy Pregnancy Any fracture, or tumor Facial surgery Skin allergy on the face Facial nerve palsy

Intervention groups
Group A: will receive Facial Neuromuscular Retraining with Neural Mobilization and conventional treatment (Experimental group) Group B: will receive Facial Neuromuscular Retraining with conventional treatment (Controlled group)

Main outcome variables
Facial symmetry Disability

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20240509061716N1**
Registration date: **2024-05-23, 1403/03/03**
Registration timing: **registered_while_recruiting**
Last update: **2024-05-23, 1403/03/03**
Update count: **0**

Registration date
2024-05-23, 1403/03/03

Registrant information

Name
Samima Saeed

Name of organization / entity
Riphah international university

Country
Pakistan

Phone
+92 42 111 747 424

Email address
samimasaeedakhter@gmail.com

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2024-05-14, 1403/02/25

Expected recruitment end date
2024-06-20, 1403/03/31

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Effects of facial Neuromuscular Retraining with and without neural Mobilization on facial Symmetry and disability in patients with Bell's palsy

Public title
Effects of facial Neuromuscular Retraining with and without neural Mobilization on facial Symmetry and

disability in patients with Bell's palsy

Purpose

Supportive

Inclusion/Exclusion criteria

Inclusion criteria:

Age between 18 to 65 years Both genders Unilateral loss of facial weakness House Brackman grades 3 and 4 Acute onset 1-3 weeks No history of earlier bell's palsy or diabetes

Exclusion criteria:

Stroke associated with Bell's palsy Pregnancy Any fracture or tumor Facial surgery Skin allergy on face Facial nerve palsy

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Participant
- Care provider
- Outcome assessor

Sample size

Target sample size: **44**

Randomization (investigator's opinion)

Randomized

Randomization description

A lottery method of randomization using a fishbowl technique will be used by one of the research team members who is not involved in patient recruitment assessment or data analysis. After baseline assessment, eligible subjects will be arbitrarily allocated into group A (facial neuromuscular retraining with Neural mobilization) and group B (facial neuromuscular retraining). Upon randomization, participants will be briefed on their respective therapy programs. The researcher responsible for outcome assessments will remain unaware of the group allocation throughout the study.

Blinding (investigator's opinion)

Single blinded

Blinding description

Outcome assessors and participants will be kept unaware of the group assignments to maintain blinding.

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Riphah international university Lahore, Pakistan

Street address

Address: 25 Raza Saeed Rd, Bhabra Block M Gulberg III, Lahore, Punjab 25-M Block, Lahore, 54660, Pakistan

City

Lahore

Postal code

53700

Approval date

2024-04-29, 1403/02/10

Ethics committee reference number

F22C14G37033

Health conditions studied

1

Description of health condition studied

Bell's palsy

ICD-10 code

G51.0

ICD-10 code description

Bell's palsy

Primary outcomes

1

Description

Facial symmetry, Disability

Timepoint

Before the intervention and three weeks after the intervention

Method of measurement

Sunnybrook Facial Grading System (SBS), Modified House Brackmann grading system (HBGS), and Facial Disability Index (FDI)

Secondary outcomes

empty

Intervention groups

1

Description

Experimental group: e Facial Neuromuscular Retraining with Neural Mobilization and conventional treatment group

Category

Rehabilitation

2

Description

Control group: Facial Neuromuscular Retraining with conventional treatment

Category

Rehabilitation

Recruitment centers

1

Recruitment center

Name of recruitment center
General Hospital Lahore

Full name of responsible person
Mrs.Umoal Bunin Mushtaq

Street address
Ferozpur Road Near Ismail Nagar , Lahore.

City
Lahore

Postal code
54000

Phone
+92 42 99268801

Email
lahoregeneralhospital@yahoo.com

Web page address
https://lgh.punjab.gov.pk/

Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Riphah International University

Full name of responsible person
Faculty of Rehabilitation and Allied Health Sciences(FRAHS)

Street address
25 Raza Saeed Rd, Bhabra Block M Gulberg III, Lahore, Punjab 25-M Block, Lahore, 54660, Pakistan

City
Lahore

Postal code
05309

Phone
+92 309 3330153

Email
admissions.lahore@riphah.edu.pk

Web page address
https://riphah.edu.pk/

Grant name

Grant code / Reference number

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

Title of funding source
Riphah International University

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
Riphah International University

Full name of responsible person
Dr. SANA RIAZ

Position
Senior lecturer

Latest degree
Master

Other areas of specialty/work
Physiotherapy

Street address
25 Raza Saeed Rd, Bhabra Block M Gulberg III, Lahore, Punjab 25-M Block, Lahore, 54660, Pakistan

City
Lahore

Province
Punjab

Postal code
54660

Phone
+92 300 0720826

Email
Sana.rcrs@riphah.edu.pk

Web page address
https://riphah.edu.pk/

Person responsible for scientific inquiries

Contact

Name of organization / entity
Riphah International University

Full name of responsible person
Dr. SANA RIAZ

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Lahore

Province
Punjab

Postal code
05309

Phone
+92 309 3330153

Email
Sana.rcrs@riphah.edu.pk

Person responsible for updating data

Sana.rcrs@riphah.edu.pk

Contact

Name of organization / entity
Riphah International University

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Dr. SANA RIAZ

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Phone
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Email

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Undecided - It is not yet known if there will be a plan to make this available

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

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