

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### PNF with mime therapy and sensory exercises in patients with bell's palsy

#### Protocol summary

##### Study aim

To determine the effects of proprioceptive neuromuscular facilitation, mime therapy and sensory exercises on facial symmetry and function in patients with Bell's Palsy.

##### Design

randomized controlled trial

##### Settings and conduct

Setting: Pediatric Physical Therapy and Neuro Rehabilitation Centre, University of Lahore Teaching Hospital

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria: • Age range of 20-45 years • Both the genders • Acute cases Bell's palsy (1-3 weeks) (Mishra & Sayed, 2021) Exclusion Criteria: • Dental metal prosthesis • Participants with cognitive disorders (Mishra & Sayed, 2021) • Subject along with surgery for ear & facial nerve palsy (Bhagat & Kakkad, 2021)

##### Intervention groups

Group A: PNF • In the treatment session EMS will be applied for 10 minutes, PNF will be applied for 15 minutes along with stretching and strengthening exercises will be performed for 10 minutes Group B: PNF, Mime Therapy and Sensory Exercises • In the treatment session EMS will be applied for 10 minutes, PNF will be applied for 15 minutes along with stretching, Mime therapy will be applied for 10 minutes and sensory exercises will be performed with 5 repetitions each for 10 minutes 3 sessions of 40 minutes will be given to the patient per week for 18 weeks (1.5 months)

##### Main outcome variables

Bell's Palsy: Bell's Palsy is a lower motor neuron lesion, the facial symmetry is assessed by Sunnybrooke Facial Grading System. Facial Function: The Facial Clinimetric Evaluation Scale (FaCE) is a validated patient-based facial grading instrument developed in 2001.

#### General information

##### Reason for update

##### Acronym

Proprioceptive neuromuscular facilitation

##### IRCT registration information

IRCT registration number: **IRCT20210816052201N3**

Registration date: **2024-11-16, 1403/08/26**

Registration timing: **registered\_while\_recruiting**

Last update: **2024-11-16, 1403/08/26**

Update count: **0**

##### Registration date

2024-11-16, 1403/08/26

##### Registrant information

###### Name

Sana Akram

###### Name of organization / entity

The University of Lahore, Lahore Pakistan

###### Country

Pakistan

###### Phone

+92 42 35183083

###### Email address

sana.akram@uipt.uol.edu.pk

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2024-09-16, 1403/06/26

##### Expected recruitment end date

2024-11-22, 1403/09/02

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

PNF with mime therapy and sensory exercises in patients with bell's palsy

**Public title**

Proprioceptive neuromuscular facilitation with mime therapy and sensory exercises in patients with bell's palsy

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Age range 20-45 years Both the genders Acute cases Bell's palsy (1-3 weeks)

**Exclusion criteria:**

Dental metal prosthesis Participants with cognitive disorders Subject with surgery for ear & facial nerve palsy

**Age**

From **20 years** old to **45 years** old

**Gender**

Both

**Phase**

N/A

**Groups that have been masked**

- Outcome assessor

**Sample size**

Target sample size: **120**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

A computer-operated random approach will be used to divide the subjects into two groups. Recruitment will be done for patients with Bell's Palsy between the ages of 20 and 45.

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

This is going to be a single blinded study and the outcome assessor will be blind. Assessor will independently collect the data through outcome measures from the patient of group A and B.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

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

Research Ethics Committee

**Street address**

The University of Lahore

**City**

Lahore

**Postal code**

54000

**Approval date**

2024-08-13, 1403/05/23

**Ethics committee reference number**

REC-UOL-/378/08/24

**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**

the facial symmetry will be assessed by Sunnybrooke Facial Grading System. The system includes three components: (1) resting symmetry, (2) the symmetry of voluntary movements, and (3) synkinesis. The SFGS has high reliability and repeatability which is good to excellent.

**Timepoint**

The baseline readings will be taken initially, second reading will be taken in 4th week and the follow up reading will be taken in the 6th week

**Method of measurement**

Functional disability measured by Facial Clinimetric Evaluation Scale (FaCE) Facial symmetry is assessed by Sunnybrooke Facial Grading System

**2****Description**

The Facial Clinimetric Evaluation Scale (FaCE) is a validated patient-based facial grading instrument developed in 2001. It measures both impairment and disability in facial paralysis and has the potential to be an invaluable adjunct to physician-graded scales. The FaCE scale is a 15-item (questions), five-point Likert scale that consists of six domains. The domains are facial movement, facial comfort, oral function, eye comfort, lacrimal control and social function. Transformed total and domain scores are calculated using specific formulas and the scores obtained range from 0 to 100

**Timepoint**

The baseline readings will be taken initially, second reading will be taken in 4th week and the follow up reading will be taken in the 6th week

**Method of measurement**

Functional disability measured by Facial Clinimetric Evaluation Scale (FaCE) Facial symmetry is assessed by Sunnybrooke Facial Grading System

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention group:PNF, Mime Therapy and Sensory Exercises. 3 sessions of 40 minutes will be given to the patient per week for 18 weeks (1.5 months). The baseline readings will be taken initially, second reading will be taken on 4th week. Follow up reading will be taken on 6th week. In the treatment session EMS will be applied for 10 minutes, PNF will be applied for 15 minutes along with stretching, Mime therapy will be applied for 10 minutes and sensory exercises will be performed with 5 repetitions each for 10 minutes.

#### Category

Treatment - Other

### 2

#### Description

Control group: PNF 3 sessions of 40 minutes will be given to the patient per week for 18 weeks (1.5 months). The baseline readings will be taken initially, second reading will be taken on 4th week. Follow up reading will be taken on 6th week. In the treatment session EMS will be applied for 10 minutes, PNF will be applied for 15 minutes along with stretching and strengthening exercises will be performed for 10 minutes.

#### Category

Treatment - Other

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Pediatric Physical Therapy and Neuro Rehabilitation Centre, University of Lahore Teaching Hospital

##### Full name of responsible person

Dr. Samia Sarmad, PT

##### Street address

The University of Lahore

##### City

Lahore

##### Postal code

54000

##### Phone

+92 332 4212848

##### Email

samia735@gmail.com

## Sponsors / Funding sources

### 1

#### Sponsor

#### Name of organization / entity

The University of Lahore

#### Full name of responsible person

Professor Dr. Ashfaq Ahmed

#### Street address

UNIVERSITY OF LAHORE

#### City

LAHORE

#### Postal code

54000

#### Phone

+92 42 32560865

#### Email

ashfaq.ahmad@uipt.uol.edu.pk

#### Grant name

#### Grant code / Reference number

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

Yes

#### Title of funding source

The University of Lahore

#### 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 Lahore, Lahore Pakistan

##### Full name of responsible person

Ayesha Ahmad

##### Position

Lecturer

##### Latest degree

Bachelor

##### Other areas of specialty/work

Physiotherapy

##### Street address

The University of Lahore, Defence Road Lahore ,Pakistan.

##### City

Lahore

##### Province

Punjab

##### Postal code

54000

##### Phone

+92 42 35183083

##### Fax

##### Email

ayasha.ahmad@uipt.uol.edu.pk

## Person responsible for scientific inquiries

### Contact

**Name of organization / entity**

The University of Lahore, Lahore Pakistan

**Full name of responsible person**

Sana Akram

**Position**

Assistant Professor

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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,Pakistan.

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**Postal code**

54000

**Phone**

+92 42 35183083

**Fax****Email**

sana.akram@uipt.uol.edu.pk

## Person responsible for updating data

### Contact

**Name of organization / entity**

The University of Lahore, Lahore Pakistan

**Full name of responsible person**

Sana Akram

**Position**

Assistant Professor

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

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**Fax****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**

Yes - There is 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**

Yes - There is 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**

No - There is not a plan to make this available

**Title and more details about the data/document**

PNF WITH MIME THERAPY AND SENSORY EXERCISE  
INPATIENTS WITH BELL'S PALSY

**When the data will become available and for how long**

data will be available after completion of treatment session. That will be march 2025

**To whom data/document is available**

data will be visible to academic institutions

**Under which criteria data/document could be used**

another author of our study is also available for reviewing request author: ayeshabutt031@gmail.com

**From where data/document is obtainable**

kindly contact responsible persons of this study 1st Author: ahmadayesha460@gmail.com corresponding author: sana.akram@uipt.uol.edu.pk

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

contact to above mentioned person that will provide you as early as possible

**Comments**