Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 synkineis 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) Neurotemesis 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
syninesis 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
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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 Neurotemesise 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 conrol trial.. all he participants who came o physiotherapy department diagnosed with bells palsy were considered . 70 patients were alotted 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 techniqueThe 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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Sponsors / Funding sources

1

Sponsor
Name of organization / entity
king edward medical university
Full name of responsible person
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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
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Person responsible for scientific inquiries

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Latest degree
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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 reseaerch and benifit of humanity

Comments