Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

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aqsawaheed48@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

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Phone

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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

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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

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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

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+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
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Person responsible for updating data

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Latest degree
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Other areas of specialty/work
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Postal code
38000
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Email
aqsawaheed48@yahoo.com

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