

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 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**

Faisalabad

**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**

Faisalabad

**Postal code**

38000

**Phone**

+92 41 8719677

**Email**

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

**Postal code**

38000

**Phone**

+92 41 8841364

**Email**

aqsawaheed48@yahoo.com

**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**

Faisalabad

**Postal code**

38000

**Phone**

+92 41 8738885

**Email**

aqsawaheed48@yahoo.com

**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

**City**

Faisalabad

**Postal code**

38000

**Phone**

+92 41 8727918

**Email**

aqsawaheed48@yahoo.com

**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

**City**

faisalabad

**Postal code**

38000

**Phone**

+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

**Street address**

Faisal town west canal road

**City**

Faisalabad

**Province**

Punjab

**Postal code**

38000

**Phone**

+92 41 8868326

**Email**

info@tuf.edu.pk

**Web page address**

https://www.tuf.edu.pk/

**Person responsible for scientific inquiries****Contact****Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Aqsa Waheed

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

New hasseb shaheed calony,house 1, street 1

**City**

Faisalabad

**Province**

Punjab

**Postal code**

38000

**Phone**

+92 335 6663110

**Email**

aqsaqaheed48@yahoo.com

**Person responsible for updating data****Contact****Name of organization / entity**

The University of Faisalabad

**Full name of responsible person**

Aqsa Waheed

**Position**

Student

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

New hasseb shaheed calony,house 1, street 1

**City**

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**Province**

Punjab

**Postal code**

38000

**Phone**

+92 335 6663110

**Email**

aqsaqaheed48@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**