

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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

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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

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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

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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

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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