

Clinical Trial Protocol

Iranian Registry of Clinical Trials

09 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

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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

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Lahore

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Phone

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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

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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

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Person responsible for scientific inquiries

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Sana Akram

Position

Assistant Professor

Latest degree

Master

Other areas of specialty/work

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Person responsible for updating data

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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

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