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A Comparative Analysis of Electrical Stimulation with Kabat and Proprioceptive Neuromuscular Facilitation Technique on Bell's Palsy Patients

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ABSTRACT

Introduction: Bell's palsy is a neurological condition influenced by immune, infective, and ischaemic mechanisms, though its exact cause remains unclear. This study aims to evaluate the effectiveness of electrical stimulation compared with Kabat and proprioceptive neuromuscular facilitation techniques in treating Bell's palsy patients.

Aim: This study aims to compares the efficacy of electrical-stimulation and Kabat-techniques and proprioceptive-neuro-muscular-facilitation in Bell's palsy rehabilitation, aiming to identify the most effective approach for improving muscle function, facial symmetry, and recovery.

Materials and Methods: In this study review was conducted using databases like PubMed and Scopus, focussing on studies published between 2014-2024. Inclusion criteria covered clinical-trials and studies comparing electrical stimulation with Kabat and proprioceptive neuromuscular facilitation techniques. Data on outcomes such as muscle function and facial symmetry were analysed to assess efficacy.

Result: The 21 articles-used various outcome measures, including the House-Brackman Scale, Sunnybrook Scale, and Facial Disability Index (FDI). Results show that therapeutic methods, especially the Kabat technique and electrical stimulation, are highly effective in treating Bell's palsy.

Conclusion: The therapeutic methods are very helpful in treating patients with Bell's palsy, specially according to our topic the Kabat technique and electrical stimulation shows great result.

Keyword: Electrotherapy, Facial symmetry, Muscle function

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