



HEALTH HOLDING

HAFER ALBATIN HEALTH
CLUSTER
MATERNITY AND
CHILDREN HOSPITAL

Department:	Rehabilitation Centre		
Document:	Multidisciplinary Policy and Procedure		
Title:	Physiotherapy Protocol for Bell's Palsy		
Applies To:	All Physiotherapist, Physicians and Nurses		
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1. PURPOSE:

- 1.1 To completely recovery the injury /paralysis of face.
- 1.2 To prevent permanent muscle damage.

2. DEFINITIONS:

- 2.1 Bell's Palsy: is a sudden temporary paralysis of one side of the face caused by compression of the facial Nerve.

3. POLICY:

- 3.1 Patient should have a Referral Form from the treating physician.
- 3.2 Physiatrist /Physiotherapist initially assesses, evaluates & fills out the specific Form.
- 3.3 Physiotherapist apply the plan of treatment and sessions according severity of case
- 3.4 Do re-evaluation after 2 weeks (natural course for recovery period)

4. PROCEDURE:

- 4.1 Physiotherapist shall be explaining, gives information & home instruction/program to the family regarding the patient condition Management Plan in treating Bell's Palsy.
- 4.2 Initially on daily basis:
 - 4.2.1 Facial exercises.
 - 4.2.2 Facial massage.
 - 4.2.3 Electrical muscle stimulator.
 - 4.2.4 Hot packs.
 - 4.2.5 Special precautions:
 - 4.2.5.1 Always avoid cold and wind exposures, including drinking colds liquids.
 - 4.2.5.2 Wearing of ear covers and goggles during the course of treatment.
- 4.3 Physiotherapist will counsel the parent, regarding:
 - 4.3.1 Nature of the disease & its course.
 - 4.3.2 Plan of Management.
 - 4.3.3 Home instructions.
- 4.4 Discharge Planning: after patient being recovered, home care program is given to the patient to avoid reoccurrence.
 - 4.4.1 Continuation of facial exercises.
 - 4.4.2 Special precaution should be observed.
 - 4.4.3 If patient does not respond to treatment with electrical stimulation and exercises, within 2 month the patient is referred to a rehabilitation doctor to decide whether the patient should be discharged and complete treatment at home, or he is referred to a neurologist to decide another way of treatment.

5. MATERIALS AND EQUIPMENT:

- 5.1 Electric muscle stimulator (EMS)
- 5.2 Hot packs (HMP)

6. RESPONSIBILITIES:

- 6.1 Physician: Assess, diagnose and prescribe medicine.
- 6.2 Physiotherapist: Initial assessment, evaluates and fills out the General Evaluation Form and documents data in the Referral Form.
- 6.3 Nurse: Triage, and if the patient is more than 12, she should help male physiotherapist to do physiotherapy.

7. APPENDICES:

- 7.1 Referral form. (Electronic)
- 7.2 Bell's palsy Assessment Form. (Electronic).
- 7.3 Follow up notes. (Electronic)
- 7.4 Discharge form. (Electronic)
- 7.5 Education form. (Electronic)

8. REFERENCES:

- 8.1 Physiotherapy department Protocols in MCH- Al-jouf.

9. APPROVALS:

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قسم التأهيل الطبي والعلاج الطبيعي

Home program for facial paralysis

البرنامج المنزلي للشلل الوجهي

Do each exercise _____ times a day.

Repeat each exercise _____ times.

Hold each position for _____ seconds.

أدي كل تمرين _____ مرة في اليوم.

كرر كل تمرين _____ مرة.

ثبت كل حركة _____ ثانية.



مط الشفة السفلى
Stretched lower lip



حرك ذقنك للأعلى
Move the chin up



ابعد زاويتي الفم لأقصى قدر
Move mouth angles outward



انفخ
Blown



smile
ابتسم



حرك الشفة العليا بمفردها للأمام
Move upper lip forward



اضغط الشفتين معا للأمام
Move lips forward



ارفع الحاجبين للأعلى
raise-up eyebrows



اعمل ثنيات على جانبي الأنف
sneering



اعص الحاجبين
move eyebrows close together



حرك الفك السفلي من جانب الى جانب
move lower jaw from side to side



أغلق العينين بشدة ثم افتحهما
لأقصى قدر
Close eyes tightly then open



نصائح مهمة للمريض

1. Do exercises in front of the mirror.
2. Avoid cold air /environment.
3. Wear sunglasses to protect eyes when outside the house.
4. Use straw for drinking if you cannot drink.
5. Use oil or cream for massage and to prevent skin dryness.
6. Use fingers in exercises if you can't do it actively.

- 1- عند عمل التمارين اجلس لوحده امام المرأة
- 2- تفادي تعرضك لتيارات هواء بارد
- 3- في حالة عدم قدرتك على اغماض عينيك يفضل استخدام نظارة شمسية خاصة خارج المنزل
- 4- استخدم المصاصة في الشرب إذا كانت السوائل تسيل من فمك
- 5- استخدم أحد الزيوت او الكريمات لتفادي جفاف الوجه ولعمل المساج.
- 6- استخدم اصابعك للمساعدة في التمارين إذا لم تستطع عمل التمارين بنفسك.

إعداد أخصائية العلاج الطبيعي :

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