

## PHYSIOTHERAPY MANAGEMENT IN A PATIENT WITH BELL'S PALSY USING ELECTROTHERAPY AND EXERCISE THERAPY: A CASE STUDY

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| Article Info                                                                                                                                                                                                                      | ABSTRACT                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p><b>Article History:</b><br/>Received 06/05/2026.<br/>Revised -<br/>Accepted 14/07/2026</p> <hr/> <p><b>Keywords:</b><br/>Bell's palsy<br/>Electrical Stimulation<br/>Massage<br/>Mirror Therapy Exercise<br/>Physiotherapy</p> | <p><i>Bell's palsy is a unilateral peripheral facial paralysis caused by facial nerve dysfunction, leading to muscle weakness, facial asymmetry, and impaired facial expression. A multimodal physiotherapy approach is considered essential to accelerate functional recovery. This study aimed to evaluate the combination of electrical stimulation, massage and mirror therapy exercise in improving facial function in a patient with right-sided Bell's palsy. A case study design was applied to one subject undergoing physiotherapy intervention over 4 weeks, consisting of 5 treatment sessions. Outcome measures included facial muscle strength, functional ability, facial symmetry, muscle stiffness, and sensory disturbances. The intervention demonstrated improvements in facial muscle strength, symmetry, and functional ability. Muscle stiffness was reduced, and sensory function improved progressively following the therapy sessions. The combination of electrical stimulation, massage, and mirror therapy exercise can be recommended as a comprehensive physiotherapy intervention in the management of patients with Bell's palsy.</i></p> <p><b>Keywords:</b> Bell's palsy; Electrical Stimulation; Massage; Mirror Therapy Exercise, Physiotherapy.</p> |
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