

Case Study

Bell's Palsy Case Report

PERFORMED AT:

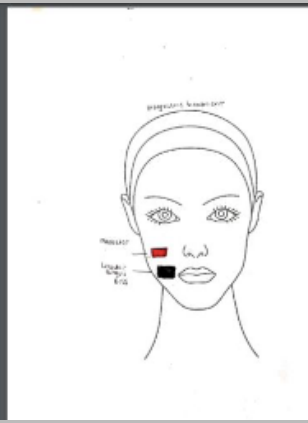
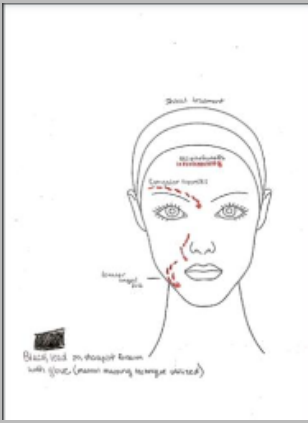
*Maple City Physical
Therapy*

DIAGNOSIS:

This patient, at the time of treatment, was a 13-year-old girl with insidious onset of Bell's Palsy with no known underlying or predisposing factors. Her chief complaint when coming in for her physical therapy evaluation was that she had woken up one morning and she was unable to close her eye, had slurred speech, and had difficulty eating and drinking due to loss of control on the right side of her face.

TREATMENT AND OUTCOME:

To treat right sided paralysis associated with Bell's Palsy, the Neubie was used in combination with other manual therapy techniques as well as therapeutic exercise to return this patient to previous level of function. This patient had no underlying healthconditions that could have led to the onset of this condition. In the beginning of this plan of care, the focus had been on utilizing the Neubie to improve neck mobility; to decrease tight musculature due to soreness along the suboccipital region. Following the Neubie neck loosening protocol, the Neubie was utilized manually, with the black pad on the therapist and the red pad on the patient, along facial nerve innervated muscles with cueing for attempted active contraction and visual cues to focus on equal movements. Initially when beginning, the patient did not have any active muscle contraction of occipitofrontalis, procerus, orbicularis oculi, and orbicularis oris.



PATIENT PERSPECTIVE:

Patient would end this session with the Neubie master reset protocol. As the patient's muscle activation began to recover and sensitivity decreased, we were able to progress utilizing the Neubie pads on the hyperactive muscles of her face while completing AROM and progressive strengthening. This diagnosis is difficult to treat conservatively, particularly with idiopathic onset. With the help of the Neubie, after 34 appointments this patient was able to return to her normal function at school and regain control of her facial muscles with most being normal or only mild dysfunction.

DISCUSSION:

The patient had demonstrated continued and consistent improvement on all outcome tools and objective measurements at each progress note. The patient benefited greatly from the use of the Neubie during her treatment. Unlike a normal electrical stimulation machine, which makes the muscle contract with force, this patient benefited from the low and comfortable intensity of the Neubie which was utilized for neuromuscular re-education. It is thought that when you have to forcefully contract the muscle,

which is seen in typical Bell's palsy treatment, that the focus is not on symmetrical movements of the facial muscles. However, with the lower intensity of the Neubie, the patient was able to progress from passive/active assisted motion to active motion with improvement in facial symmetry as demonstrated by continued improved scores on the Sunnybrook Facial Grading System.

When coming in for the first treatment session both the patient and her mother were concerned that her facial function would not return to normal. At the time of discharge the patient had reported that she was upset to leave because she had enjoyed therapy so much and would miss it. She stated in her discharge that she had improvement with all areas of her facial function and no longer had any difficulty with eating or drinking. Her mom had also written a thank you letter to the therapist saying her daughter's face is completely back to normal and that it is amazing to have the Neubie machine in our locality, especially being a rural area. She ended this letter by saying "a smile is worth a thousand words and this couldn't be any more true."