Effectiveness of acupuncture in patients with Peripheral Facial Palsy

Revieww

Erisa MANE1 PT, MSc; Elda LATOLLARI2 PT, MSc;

1Ministry of Health and Social Protection, Healthcare Specialist; UMT, FMTS, lecturer.

2Fizioterapiste Physical therapist

Introduction: Facial palsy is a form of temporary facial paralysis resulting from damage or trauma to the facial nerves. Physical therapy include facial exercises, therapeutic methods and different modalities. The acupuncture is a new oriental method and its efficacy results on neuromuscular improvement of facial symmetry.

Objectives: The main purpose of this study is to identify the effects of physiotherapeutic methods in the management of patients with Facial Palsy. The specific objectives that were achieved through this study are:

To analyze the role of acupuncture.

To compare methods and studies.

Method: This study is a meta analysis, literature review of 10 randomized control trails of the last 7 years. All studies have a major focus on the use of acupuncture in patients with facial palsy. The methodology of studies varies in randomized trails, including 2419 patients. Datas are extracted from 21 medical data bases. The evaluation is realized with the PEDro scale and EpiMeta which shows the validity of each

Results: The literature used in this study claimed that conservative physiotherapeutic treatment and alternative therapies such as acupuncture with exercises is effective in improving of facial symmetry and muscular function. 20 % of trails have used acupuncture combined with medications, one trail has studied laser acupuncture and 10% of trails has studied electrotherapy. The most accomplished studies are those with big number of people. Effectivity of therapy depends on depends on intensity and frequency of the therapeutic sessions. According to PEDro, 1 study has 3 points, 6 studies, respectively 60% have medium level 4-6 points and 3 studies respectively 30% have high level with 7-10 points.

Conclusion: After analyzing and discussing the selected literature, we conclude that the most commonly used method acupuncture with exercises. The most frequent tests are House Brackman scale and FDI. Scientific research on this topic is limited, so it is suggested to increase research by different medical staff and authors.

Key Words: facial palsy, physical rehabilitation, acupuncture