

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

evaluating the efficacy of injection of Platelet Rich Plasma in treatment of plantar fasciitis

Protocol summary

Summary

The aim of this study is to compare the effectiveness of local injection of autologous platelet rich plasma (PRP) and local steroid in reducing pain and improving function in patients with chronic plantar fasciitis (PF). Patients with chronic PF (n = 30) will be assigned to receive either platelet rich plasma or steroid ultrasound-guided injections. The first 15 patients will be treated by a local injection of 1 mL of 40 mg Methylprednisolone with 1 mL of 2% lidocaine and the second 15 patients will be injected with 2 mL PRP. The level of pain will be evaluated using the Visual Analogue Scale (VAS) at baseline, at 3 and 8 weeks post-injection. Disability will be assessed using the Persian version of Foot and Ankle Ability Measure (FAAM) at baseline, at 3 and 8 weeks post-injection

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2014011316201N1**

Registration date: **2014-01-19, 1392/10/29**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2014-01-19, 1392/10/29

Registrant information

Name

Hajar Karimian

Name of organization / entity

Shiraz University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 71 1231 9040

Email address

karimian_h@sums.ac.ir

Recruitment status

Recruitment complete

Funding source

Shiraz University of Medical Sciences

Expected recruitment start date

2014-01-21, 1392/11/01

Expected recruitment end date

2014-02-18, 1392/11/29

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

evaluating the efficacy of injection of Platelet Rich Plasma in treatment of plantar fasciitis

Public title

platelet rich plasma effect on plantar fasciitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients with unilateral PF or pain prominent in one foot; intractable pain for a minimum of 3 months' duration ; a VAS score of at least 4 at the insertion of the plantar fascia on calcaneus taking the first step in the morning. Exclusion criteria: usage of NSAIDs within 48 hours of procedure; corticosteroid injection at treatment site within 1 month; having any other associated pathology involving the lower limb; abnormal ESR or CRP level; any systemic disorders.

Age

From **18 years** old

Gender

Both

Phase

N/A

Groups that have been masked

No information

Sample size

Target sample size: 30

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Shiraz University of Medical Sciences

Street address

Physical Medicine and Rehabilitation ward, Shiraz
University of Medical Sciences

City

Shiraz

Postal code

Approval date

2013-12-15, 1392/09/24

Ethics committee reference number

ct-p-92-4558

Health conditions studied

1

Description of health condition studied

plantar fasciitis

ICD-10 code

M72.2

ICD-10 code description

Plantar fascial fibromatosis

Primary outcomes

1

Description

pain

Timepoint

baseline, 3 weeks, 8 weeks

Method of measurement

visual analogue score

2

Description

disability

Timepoint

baseline, 3 weeks and 8 weeks

Method of measurement

persian version of Foot and Ankle Ability Measure (FAAM)

Secondary outcomes

empty

Intervention groups

1

Description

2cc platelet rich plasma/1cc methyl prednisolon40 mg+
1 cc lidocain 2%

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical Medicine and Rehabilitation ward, Shiraz
University of Medical Sciences

Full name of responsible person

Hajar Karimian

Street address

City

Shiraz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Physical Medicine and Rehabilitation ward, Shiraz
University of Medical Sciences

Full name of responsible person

Kaynush Homayouni

Street address

Physical Medicine and Rehabilitation ward, Shiraz
University of Medical Sciences

City

Shiraz

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Physical Medicine and Rehabilitation ward, Shiraz
University of Medical Sciences

Proportion provided by this source

100

Public or private sector*empty***Domestic or foreign origin***empty***Category of foreign source of funding***empty***Country of origin****Type of organization providing the funding***empty***City**

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Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**Physical Medicine and Rehabilitation ward, Shiraz
University of Medical Sciences**Full name of responsible person**

Hajar Karimian

Position

Resident of Physical Medicine and Rehabilitation

Other areas of specialty/work**Street address**Shiraz University of Medical Science - Physical
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Shiraz University of Medical Sciences

Full name of responsible person

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Position

Resident of Physical Medicine and Rehabilitation

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Full name of responsible person

Kaynush Homayouni

Position

Assistant professor

Other areas of specialty/work**Street address**

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Sharing plan**Deidentified Individual Participant Data Set (IPD)***empty***Study Protocol***empty***Statistical Analysis Plan***empty***Informed Consent Form***empty***Clinical Study Report***empty***Analytic Code***empty***Data Dictionary***empty*