

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The effect of platelet rich plasma in the treatment of plantar fasciitis

Protocol summary

Summary

The aim of this study is to evaluate the effect of platelet rich plasma (PRP) in the treatment of plantar fasciitis. Patients with chronic plantar fasciitis with no adequate response to conservative treatments are included. Patients with major medical conditions or those who received corticosteroids in the last 6 weeks are not included. Study sample consists of 32 patients referring to physical medicine clinics of Isfahan University of Medical Sciences. Patients are randomly assigned to receive either PRP or corticosteroid (methyl prednisolone 1 ml) plus lidocaine (1 ml) injections. Primary outcome is reduction in pain measured by the Visual Analogue Scale (VAS) at baseline and then 1, 3, and 6 months after treatment. Secondary outcomes are reduction in the modified Roles and Maudsley score (assessing pain and limitation of activity) measured at baseline, and then 1, 3, and 6 months after treatment, as well as plantar fascia thickness assessed by B-mode sonography before and 3 months after treatment.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT2015041821830N1**

Registration date: **2015-05-10, 1394/02/20**

Registration timing: **retrospective**

Last update:

Update count: **0**

Registration date

2015-05-10, 1394/02/20

Registrant information

Name

Lida kianimehr

Name of organization / entity

Isfahan University of Medical Sciences

Country

Iran (Islamic Republic of)

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Recruitment status

Recruitment complete

Funding source

Isfahan University of Medical Sciences

Expected recruitment start date

2013-12-31, 1392/10/10

Expected recruitment end date

2014-12-31, 1393/10/10

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of platelet rich plasma in the treatment of plantar fasciitis

Public title

Platelet rich plasma for treatment of plantar fasciitis

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: age of between 18 and 65 years; having chronic plantar fasciitis with duration of more than 3 months; no adequate response to conservative treatments Exclusion criteria (not inclusion criteria): history of receiving corticosteroids within the last 6 weeks; history of surgical interventions in the ankle and the heel; receiving aspirin or NSAIDs within a week ago; history of stroke within the last three months; pregnancy or breast feeding; evidence of malignancy, anemia, diabetes, hypothyroidism, peripheral neuropathy, acute infection or fever, or coagulopathies

Age

From **18 years** old to **65 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **32**

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Single blinded

Blinding description

Placebo

Not used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics Committee of the Isfahan University of Medical Sciences

Street address

Vice CHancellor of Research, Isfahan University of Medical Sciences, Hezar Jerib Street

City

Isfahan

Postal code

Approval date

2013-04-30, 1392/02/10

Ethics committee reference number

393192

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

Before and 1 month, 3 months, and 6 months after treatment

Method of measurement

Visual Analogue Scale

Secondary outcomes

1

Description

Modified Roles and Maudsley score

Timepoint

Before and 1 month, 3 months, and 6 months after treatment

Method of measurement

Modified Roles and Maudsley Scale

2

Description

Plantar fascia thickness

Timepoint

Before and 3 months after treatment

Method of measurement

B-mode sonography

Intervention groups

1

Description

Patients in the control group receive injection of 1 cc methyl prednisolone and 1 cc lidocaine at tender point of plantar fascia in medial surface of the foot

Category

Treatment - Drugs

2

Description

Patients in the intervention group receive injection of 3 cc PRP at tender point of plantar fascia in medial surface of the foot

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Physical Medicine Clinic of Alzahra University Hospital

Full name of responsible person

Dr. Lida Kianimehr

Street address

Alzahra University Hospital, Soffeh Avenue

City

Isfahan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

Dr Mansour Siavash

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Vice Chancellor of Research, Isfahan University of
Medical Sciences, Hezar Jerib Street

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Grant name

Grant code / Reference number

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

Yes

Title of funding source

Isfahan 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

Person responsible for general inquiries

Contact

Name of organization / entity

Isfahan University of Medical Sciences

Full name of responsible person

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Position

Resident of Physical Medicine and Rehabilitaion

Other areas of specialty/work

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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