

Clinical Trial Protocol

Iranian Registry of Clinical Trials

18 Sep 2026

The Effect of the Dry Needle on Plantar Fasciitis in Compared to Extracorporeal Shock Wave Therapy (ESWT)

Protocol summary

Summary

The aim of this study is to compare effect of dry needling and extra corporeal shock wave therapy on plantar fasciitis. All patients with plantar fasciitis, who are unresponsive to usual treatment are included in the study. Patients with inflammatory disease history, trauma, local injection, achill bursitis, active radiculopathy are excluded from the study. 72 patients with plantar Fasciitis are classified randomly in the two groups of dry needling treatment and shock therapy (each group involving 36 members). Dry needling is conducted for 1-3 sessions and extra corporeal shock wave therapy is conducted for three sessions. Both treatment groups are evaluated before intervention and after four and eight weeks, respectively. Primary outcome of the study will be pain reduction.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201610014104N6**

Registration date: **2016-10-23, 1395/08/02**

Registration timing: **registered_while_recruiting**

Last update:

Update count: **0**

Registration date

2016-10-23, 1395/08/02

Registrant information

Name

Mohammad Rahbar

Name of organization / entity

Tabriz University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 41 1544 6694

Email address

rahbarm@tbzmed.ac.ir

Recruitment status

Recruitment complete

Funding source

Tabriz University of Medical Sciences

Expected recruitment start date

2016-05-21, 1395/03/01

Expected recruitment end date

2017-04-20, 1396/01/31

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The Effect of the Dry Needle on Plantar Fasciitis in Compared to Extracorporeal Shock Wave Therapy (ESWT)

Public title

The Effect of the Dry Needle on heel spur in Compared to Extracorporeal Shock Wave Therapy (ESWT)

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion Criteria: All patient with Plantar Fasciitis; without responses to usual medical : treatment after one moon . Exclusion Criteria: inflammatory disease such as (RA); history of trauma : history of local injection or PT in tree moons ago : heel pain associated with Achill bursitis : active S1 radiculopathy

Age

No age limit

Gender

Both

Phase

1-2

Groups that have been masked

No information

Sample size

Target sample size: 72

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

Vice Chancellor for Research (VCR) of Tabriz

University of Medical Sciences

Street address

University Avenue, campus

City

tabriz

Postal code

Approval date

2016-08-15, 1395/05/25

Ethics committee reference number

IR.TBZMED.REC.1395.562

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

Daily pain intensity

Timepoint

Before treatment and 4 and 8 weeks after treatment

Method of measurement

Visual Analog Scale

Secondary outcomes

1

Description

The rate of recovery

Timepoint

Before treatment and 4 and 8 weeks after treatment

Method of measurement

Foot Function Index - Visual Analog Scale

Intervention groups

1

Description

Dry needling

Category

Rehabilitation

2

Description

extracorporeal shock wave therapy

Category

Treatment - Other

Recruitment centers

1

Recruitment center

Name of recruitment center

Hospitals Imam Reza , Madani And Shohada

Full name of responsible person

Ali Kargar

Street address

Shayan Mehr Pansion , Resalat Avenu , Tabriz

City

Tabriz

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Physical Medicine Research Center

Full name of responsible person

Dr Dolatkah

Street address

Imam Reza Hospital

City

Tabriz

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Physical Medicine Research Center

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

Tabriz

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Web page address**Person responsible for general inquiries****Contact****Name of organization / entity**

Tabriz University of Medical Sciences

Full name of responsible person

Ali kargar

Position

Resident Rehabilitation

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

ImamReza

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Resident of Rehabilitation

Full name of responsible person

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Position

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Medical University of Tabriz

Full name of responsible person

Mohammad Rahbar

Position

Assistant of Professor

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

ImamReza

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