Comparison of Subtalar Mobilization with Conventional Physiotherapy Treatment for the Management of Planter Fasciitis

Protocol summary

Study aim
To compare the effectiveness of subtalar mobilization with Mulligan technique on pain and functional limitations versus conventional physiotherapy in patients with Planter Fasciitis.

Design
Two-arm parallel group randomized trial with blinded postoperative care and outcome assessment.

Settings and conduct
The data was collected from Prime Care Hospital, Faisalabad. The patients were divided into two groups by using card allocation method. In group-A patients were treated with subtalar mobilization with Mulligan Technique and in group-B patients were treated with conventional physiotherapy treatment that included a session of therapeutic ultrasound for 10 minutes. Patients in both the groups received rigid taping as standard treatment. Each patient received two treatment sessions per week with a maximum of eight treatment sessions over the period of 3 weeks.

Participants/Inclusion and exclusion criteria

Inclusion criteria
- Age 30–60 years.
- Patients of both genders.
- Main presenting complaint of heel & foot pain.
- Limitation of range of motion at ankle joint due to heel pain.
- Pain allocated at the bottom of heel and produced by pressure pain in the morning at first steps or after prolonged non-weight bearing.
- History of trauma, acute and chronic pathology.
- Patients with any systemic illness (e.g., Rheumatism).
- Fracture below knee.
- Prior foot surgeries.

Exclusion criteria
- History of trauma, acute and chronic pathology.
- Patients with any systemic illness (e.g., Rheumatism).
- Fracture below knee.
- Prior foot surgeries.

Intervention groups

In group-A patients were treated with subtalar mobilization with Mulligan Technique and rigid taping as standard treatment. Each patient received two treatment sessions per week with a maximum of six treatment sessions over the period of 3 weeks.

Main outcome variables

Outcomes were measured by Visual Analogue Scale and Foot & Ankle Disability Index at baseline, after 1st and 2nd week, and at the end of the treatment.

General information

Reason for update
Acronym
IRCT registration information
IRCT registration number: IRCT20200221046567N2
Registration date: 2020-04-18, 1399/01/30
Registration timing: prospective

Last update: 2020-04-18, 1399/01/30
Update count: 0
Registration date
2020-04-18, 1399/01/30

Registrant information

Name
Muhammad Kashif

Name of organization / entity
Riphah International University

Country
Pakistan

Phone
+92 41 8777210

Email address
kashif.shaffi@gmail.com

Recruitment status
Not yet recruiting

Funding source

Expected recruitment start date
2638-03-30, 2017/01/10

Expected recruitment end date
2638-10-02, 2017/07/10

Actual recruitment start date
2638-04-04, 2017/01/15

Actual recruitment end date
2638-10-12, 2017/07/20
Trial completion date
2638-10-12, 2017/07/20

Scientific title
Comparison of Subtalar Mobilization with Conventional Physiotherapy Treatment for the Management of Planter Fasciitis

Public title
Comparison of Subtalar Mobilization with Conventional Physiotherapy Treatment for the Management of Planter Fasciitis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Age 30–60 years. Patients of both genders Main presenting complaint of Heel & Foot pain Limitation of Range of Motion at ankle joint due to heel pain Pain allocated at the bottom of heel and produced by pressure Pain in the morning at first steps or after prolonged non-weight bearing

Exclusion criteria:
History of trauma, acute and chronic pathology Patients with any Systemic Illness (e.g. Rheumatism)• Fracture below knee during the last year Prior foot surgeries A positive diagnosis of Tarsal Tunnel Syndrome (TTS) / Fat Pad Syndrome

Age
From 30 years old to 60 years old

Gender
Both

Phase
N/A

Groups that have been masked
• Outcome assessor

Sample size
Target sample size: 60
Actual sample size reached: 52

Randomization (investigator's opinion)
Randomized

Randomization description
Participants were randomly assigned following simple randomization procedures (computerized random numbers) to 1 of 2 treatment group

Blinding (investigator's opinion)
Single blinded

Blinding description
The study was single-blinded as assessors of the study was blinded of the treatment group to which the patient will be allocated.

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids
empty

Ethics committees

1

Ethics committee
Name of ethics committee
Research Ethical Committee, Riphah College of Rehabilitation Sciences, Pakistan.

Street address
Satiana Road

City
Faisalabad

Postal code
3800

Approval date
2638-02-01, 2016/11/12

Ethics committee reference number
RCRAHS/ERB/112

Health conditions studied

1

Description of health condition studied
PLANTER FASCIITIS

ICD-10 code
M79.671

ICD-10 code description
Heel pain, plantar fasciitis, subtalar mobilization, manual therapy, rigid taping.

Primary outcomes

1

Description
Pain

Timepoint
Baseline and on 1 and 2 week and end of intervention

Method of measurement
Visual Analogue Scale

2

Description
Foot and Ankle Functional Limitations

Timepoint
Baseline and on 1 and 2 week and end of intervention

Method of measurement
Foot and Ankle Disability Index

Secondary outcomes
empty

Intervention groups

1

Description
Intervention group: will get subtalar mobilization (Mulligan Technique) +rigid tapping as standard
treatment for 40 minutes of session. Each Patient receives two treatment sessions per week over the period of three weeks.

Category
Rehabilitation

Description
Control group: will get subtalar conventional physiotherapy + rigid tapping as standard treatment for 40 minutes of session. Each Patient receives two treatment sessions per week over the period of three weeks.

Category
Rehabilitation

Recruitment centers

1
Recruitment center
Name of recruitment center
Prime Care Hospital Faisalabad
Full name of responsible person
Muhammad Kashif
Street address
Satiana Road
City
Faisalabad
Postal code
3800
Phone
+92 41 8777210
Email
kashif.shaffi@gmail.com

Sponsors / Funding sources

1
Sponsor
Name of organization / entity
Riphah International University
Full name of responsible person
Muhammad Kashif
Street address
Satiana Road
City
Faisalabad
Postal code
3800
Phone
+92 41 8777210
Email
kashif.shaffi@gmail.com
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
No
Title of funding source
Riphah International University
Proportion provided by this source
100
Public or private sector
Private
Domestic or foreign origin
Domestic
Category of foreign source of funding
empty
Country of origin
Type of organization providing the funding
Academic

Person responsible for general inquiries

Contact
Name of organization / entity
Riphah International University
Full name of responsible person
Muhammad Kashif
Position
Associate Professor
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
Satiana Road
City
Faisalabad
Province
Punjab
Postal code
3800
Phone
+92 41 8777210
Email
kashif.shaffi@gmail.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Riphah International University
Full name of responsible person
Muhammad Kashif
Position
Associate professor
Latest degree
Master
Other areas of specialty/work
Physiotherapy
Street address
Satiana Road
City
Faisalabad
Province
Punjab
Postal code
3800
Phone
+92 41 8777210
Email
kashif.shaffi@gmail.com
**Person responsible for updating data**

**Contact**
- Name of organization / entity: Riphah International University
- Full name of responsible person: Muhammad Kashif
- Position: Associate professor
- Latest degree: Master
- Other areas of specialty/work: Physiotherapy

**Street address**: Satiana Road
**City**: Faisalabad
**Province**: Punjab
**Postal code**: 3800
**Phone**: +92 41 8777210
**Fax**: Email
  - kashif.shaffi@gmail.com

**Sharing plan**

- **Deidentified Individual Participant Data Set (IPD)**
  - Yes - There is a plan to make this available
- **Study Protocol**
  - Yes - There is a plan to make this available
- **Statistical Analysis Plan**
  - Undecided - It is not yet known if there will be a plan to make this available
- **Informed Consent Form**
  - Undecided - It is not yet known if there will be a plan to make this available
- **Clinical Study Report**
  - Not applicable
- **Analytic Code**
  - Not applicable
- **Data Dictionary**
  - Not applicable
- Title and more details about the data/document: IPD collected for the primary outcome measure only
- **When the data will become available and for how long**
  - starting 6 months after publication
- **To whom data/document is available**
  - Academic institutions
- **Under which criteria data/document could be used**
  - who want to compare/conduct studies on comparison of subtalar mobilization with conventional treatment for the management of planter fasciitis
- **From where data/document is obtainable**
  - Principal Investigator by email: kashif.shaffi@gmail.com
- **What processes are involved for a request to access data/document**
  - An email request to Principal Investigator email: kashif.shaffi@gmail.com

**Comments**