Clinical Trial Protocol
Iranian Registry of Clinical Trials

16 Sep 2026

Comparative study of the effect of home(rehabilitation at home) and clinical interventions(rehabilitation treatment) on reducing pain and inflammation of plantar fascia

Protocol summary

Study aim
A comparative study of the effect of home and clinical interventions on reducing pain and inflammation of the plantar fascia

Design
Clinical trial with control group, cross-group, one-way blind, simple randomization

Settings and conduct
Clinical intervention will be performed in the rehabilitation center of Shahid Chamran Hospital by a therapist. Home intervention will be performed at home by the patient.Each intervention lasts for two weeks. Interventions include warming, massage, Passive ROM, Mobilization and stretching.The time of intervention sessions is 45 minutes per day. The study is one-way blind and the evaluator does not know the type of intervention.

Participants/Inclusion and exclusion criteria
Inclusion criteria: People with a diagnosis of plantar fasciitis by a specialist. Exclusion criteria: diseases that can cause pain in the heel area.

Intervention groups
Group A includes patients with plantar fasciitis who first receive clinical intervention for two weeks, then receive home intervention for two weeks. Group B includes patients with plantar fasciitis who first receive home intervention for two weeks, then receive clinical intervention for two weeks.

Main outcome variables
pain; hypersensivity; satisfaction; range of motion;

General information

Reason for update

Acronym

IRCT registration information
IRCT registration number: **IRCT20210207050275N1**
Registration date: **2021-12-26, 1400/10/05**
Registration timing: **prospective**

Last update: **2021-12-26, 1400/10/05**
Update count: **0**

Registration date
2021-12-26, 1400/10/05

Registrant information

Name
narges ghamari

Name of organization / entity

Country
Iran (Islamic Republic of)

Phone
+98 71 3623 4504

Email address
nargesghamari@sums.ac.ir

Recruitment status
Recruitment complete

Funding source

Expected recruitment start date
2022-02-04, 1400/11/15

Expected recruitment end date
2022-08-06, 1401/05/15

Actual recruitment start date
empty

Actual recruitment end date
empty

Trial completion date
empty

Scientific title
Comparative study of the effect of home(rehabilitation at home) and clinical interventions(rehabilitation treatment) on reducing pain and inflammation of plantar fascia

Public title

Comparative of home and clinical interventions on plantar fasciitis

Purpose

Health service research

Inclusion/Exclusion criteria

Inclusion criteria:

Inflammation of the plantar fascia No surgery or fracture in the last month

Exclusion criteria:

Reluctance to participate in the study People who have diseases that cause pain and inflammation in the foot

Age

From **18 years** old to **50 years** old

Gender

Both

Phase

N/A

Groups that have been masked

- Outcome assessor

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Randomized

Randomization description

Using Random Allocation Software and permutation block method and creating 10 blocks with a size of 6, a randomization table of sequence samples (from 1 to 60) will be made and the patients will be divided into A and B intervention groups. Allocation concealment will be conducted by using sealed envelopes.

Blinding (investigator's opinion)

Single blinded

Blinding description

Assessors are unaware of which group the participants belong to

Placebo

Not used

Assignment

Crossover

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Shiraz University of Medical Sciences

Street address

Shiraz University of Medical Sciences, Zand Street,Shiraz

City

Shiraz

Province

Fars

Postal code

7134814336

Approval date

2021-10-11, 1400/07/19

Ethics committee reference number

IR.SUMS.REC.1400.544

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

Pre intervention, 3,6,9,12,15,18,21 days after intervention

Method of measurement

pain analog scale

2

Description

hypersensivity

Timepoint

Pre intervention, 3,6,9,12,15,18,21 days after intervention

Method of measurement

Numeric Analog Scale, Mcgill Pain Questionnaire

Secondary outcomes

empty

Intervention groups

1

Description

Intervention group: Home interventions include placing the foot up to the knee in warm water for 10 minutes, then using a home massager made by Abarteb for 5 minutes, then 15 minutes of passive movements and 15 minutes of stretching Which is adjusted according to the facilities of the house and the patient's ability.

Category

Rehabilitation

2

Description

Intervention group: Clinical treatment includes 10

minutes of hot pack on the muscles, 5 minutes of foot massage, 15 minutes of mobilization and 15 minutes of stretching .Interventions are performed using the equipment available in the clinic(Hot pack, Electric massager, Traband, Frame) or manually by the therapist.

Category
Rehabilitation

Recruitment centers

1

Recruitment center
Name of recruitment center
Shahid Chamran Hospital
Full name of responsible person
narges ghamari
Street address
Bone and Joint Diseases Research Center,Shahid Chamran Hospital, Chamran Bolv.
City
Shiraz
Province
Fars
Postal code
7194815644
Phone
+98 71 3623 4504
Fax
+98 71 3623 4504
Email
nargesghamari@yahoo.com
Web page address
http://orthoresearch.sums.ac.ir/fa/index.html

Sponsors / Funding sources

1

Sponsor
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
Dr.Mahtab Memarpor
Street address
Shahid Chamran Hospital,Chamran Bolv, Shiraz
City
shiraz
Province
Fars
Postal code
7194815644
Phone
+98 71 3623 4504
Fax
+98 71 3623 4504
Email
nargesghamari@yahoo.com
Web page address
http://orthoresearch.sums.ac.ir/fa/index.html
Grant name
No
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Shiraz University of Medical Sciences
Proportion provided by this source
100
Public or private sector
Public
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
Shiraz University of Medical Sciences
Full name of responsible person
narges ghamari
Position
consultant
Latest degree
Ph.D.
Other areas of specialty/work
Occupational Therapy
Street address
Shahid Chamran Hospital, Chamran Bolv, Shiraz
City
shiraz
Province
Fars
Postal code
7194815644
Phone
0098716234504
Email
nargesghamari@yahoo.com

Person responsible for scientific inquiries

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
narges ghamari
Position
consultant
Latest degree
Ph.D.
Other areas of specialty/work
Occupational Therapy
Street address
Shahid Chamran Hospital, Chamran Bolv, Shiraz
City
shiraz

Province
Fars
Postal code
7194815644
Phone
+98 71 3623 4504
Fax
+98 71 3623 4504
Email
nargesghamari@yahoo.com
Web page address
http://orthoresearch.sums.ac.ir/fa/index.html

Person responsible for updating data

Contact
Name of organization / entity
Shiraz University of Medical Sciences
Full name of responsible person
narges ghamari
Position
consultant
Latest degree
Ph.D.
Other areas of specialty/work
Occupational Therapy
Street address
Shahid Chamran Hospital, Chamran Bolv, Shiraz
City
shiraz
Province
Fars
Postal code
7194815644
Phone
+98 71 3623 4504
Email
nargesghamari@yahoo.com

Sharing plan

Deidentified Individual Participant Data Set (IPD)
Yes - There is a plan to make this available
Study Protocol
Undecided - It is not yet known if there will be 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
Undecided - It is not yet known if there will be a plan to make this available
Analytic Code
Undecided - It is not yet known if there will be a plan to make this available
Data Dictionary
No - There is not a plan to make this available
Title and more details about the data/document
it is to be shared the primary outcome measure
When the data will become available and for how long
starting 6 months after publication
To whom data/document is available
these data is available for people working in academic institutions or people working in businesses and they can apply to receive it
Under which criteria data/document could be used
Individuals can receive information via email at the discretion of the authors
From where data/document is obtainable
nargesghamari@yahoo.com
What processes are involved for a request to access data/document
At the discretion of the authors, the documents will be available to the applicant within a week
Comments