

Clinical Trial Protocol

Iranian Registry of Clinical Trials

26 Jul 2026

Comparison The effect of platelet-riched plasma versus corticosteroids injection on the treatment of plantar fasciitis

Protocol summary

Study aim

Determining the effect of platelet riched plasma injection compared with corticosteroid in the treatment of plantar fasciitis

Design

Thirty patients with plantar fasciitis examined. Plantar fascia thickness was measured and recorded for diagnosis and follow-up. Anthropometric indices including height and weight and BMI calculation were performed for patients. Patients were then divided into two groups of 15: corticosteroid intervention and PRP. This clinical trial has two intervention groups with parallel, non-random consecutive groups with block random allocation.

Settings and conduct

Sports Medicine Department of Taleghani Hospital

Participants/Inclusion and exclusion criteria

Age over 18 years Existence of symptoms for more than 3 months Plantar fascia thickness over 4 mm in ultrasound examination VAS score equal to 6 and above ; history of any rheumatic diseases diabetes or any malignancy Pregnancy Existence of bleeding disorders There is a wound or infection at the injection site History of receiving any injection in the area during the last 3 months Received NSAIDS during the past week Suspicion of other diagnoses such as fractures or nerve disorders in the area

Intervention groups

First Intervention group: In this group, 1 cc of Methylprednisolone equivalent to 40mg with 1 cc of 2% Lidocaine was injected at the site of maximum tenderness. Second intervention group: In this group, 2 cc of Platelet-riched plasma was injected at the site of maximum tenderness. Both groups trained for appropriate exercises and patients were followed for 3 months

Main outcome variables

Significant reduction in fascia thickness following PRP injection Significant reduction of VAS score parameter following PRP injection Significant reduction of FADI score

parameter following PRP injection Significant reduction of RM score parameter following PRP injection

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20220406054429N1**

Registration date: **2022-06-12, 1401/03/22**

Registration timing: **registered_while_recruiting**

Last update: **2022-06-12, 1401/03/22**

Update count: **0**

Registration date

2022-06-12, 1401/03/22

Registrant information

Name

Ali Birjandi

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 2237 9790

Email address

birjandi.ali68@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2022-05-22, 1401/03/01

Expected recruitment end date

2022-09-23, 1401/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison The effect of platelet-rich plasma versus corticosteroids injection on the treatment of plantar fasciitis

Public title

The effect of platelet-rich plasma and corticosteroids in the treatment of plantar fasciitis

Purpose

Treatment

Inclusion/Exclusion criteria**Inclusion criteria:**

Age over 18 years Existence of symptoms for more than 3 months Plantar fascia thickness above 4 mm on ultrasound examination VAS score equal to 6 and above

Exclusion criteria:

History of rheumatic diseases Diabetes or any malignancy Pregnancy Bleeding disorders Sores or infections at the injection site History of injections during the last 3 months Taking NSAIDS in the last week Suspicion of other diagnoses such as fractures or nerve disorders in the area

Age

From **18 years** old

Gender

Both

Phase

2-3

Groups that have been masked

No information

Sample size

Target sample size: **30**

Randomization (investigator's opinion)

Not randomized

Randomization description**Blinding (investigator's opinion)**

Not 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 Beheshti university of medical science

Street address

Bldg No.2 SBUMS, Arabi Ave, Daneshjoo Blvd, Velenjak, Tehran

City

Tehran

Province

Tehran

Postal code

19839-63113

Approval date

2021-10-26, 1400/08/04

Ethics committee reference number

IR.SBMU.MSP.REC.1400.513

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**

Plantar fascia thickness

Timepoint

At the beginning of the study and 3 months after the intervention

Method of measurement

Ultrasound device

2**Description**

pain

Timepoint

At the beginning of the study and 1 and 3 months after the intervention

Method of measurement

Visual analogue scale questionnaire

3**Description**

Foot function

Timepoint

At the beginning of the study and 1 and 3 months after the intervention

Method of measurement

Foot and Ankle disability index and Roles and Maudsley score questionnaires

Secondary outcomes

empty

Intervention groups

1

Description

First Intervention group: Corticosteroid injection, methylprednisolone 40 mg in a volume of 1 cc with 1 cc of 2% lidocaine, injected one time at the site of maximum tenderness

Category

Treatment - Drugs

2

Description

second Intervention group: injection of platelet riched plasma, PRP with a volume of 2 cc, injected one time at the site of maximum tenderness

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Sports Medicine Department of Taleghani Hospital

Full name of responsible person

Ali birjandi

Street address

No. D10, Sarv 7 Tower, Koohestan complex,
Koohestan St., Farahzadi Blvd

City

Tehran

Province

Tehran

Postal code

1981118449

Phone

+98 21 2237 9790

Email

birjandi.ali68@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Afshin Zarghi

Street address

7th Floor, Bldg No.2 SBUMS, Arabi Ave, Daneshjoo
Blvd, Velenjak

City

Tehran

Province

Tehran

Postal code

1983963113

Phone

+98 21 2243 9770

Fax

+98 21 2243 3455

Email

Intl_office@sbmu.ac.ir

Grant name

Grant code / Reference number

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

Yes

Title of funding source

Shahid Beheshti 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

Shahid Beheshti University of Medical Sciences

Full name of responsible person

Ali Birjandi

Position

Sport medicine resident

Latest degree

Medical doctor

Other areas of specialty/work

Sport Medicine

Street address

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Person responsible for scientific inquiries

Contact

Name of organization / entity

Shahid Beheshti University of Medical Sciences

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Postal code
1981118449
Phone
+98 21 2237 9790
Fax
Email
birjandi.ali68@gmail.com

Person responsible for updating data

Contact
Name of organization / entity
Shahid Beheshti University of Medical Sciences
Full name of responsible person
Ali Birjandi
Position
Sport medicine resident
Latest degree
Medical doctor
Other areas of specialty/work
Sport Medicine
Street address
No. D10, Sarv 7 Tower, Koohestan complex,
Koohestan St., Farahzadi Blvd
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Postal code
1981118449

Phone
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Fax
Email
birjandi.ali68@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

Yes - There is a plan to make this available

Informed Consent Form

Yes - There is a plan to make this available

Clinical Study Report

Yes - There is a plan to make this available

Analytic Code

Not applicable

Data Dictionary

Not applicable

Title and more details about the data/document

All data can be shared

When the data will become available and for how long

Access starts 3 months after the results are published

To whom data/document is available

The data is available to researchers working in academic and scientific institutions and in industry

Under which criteria data/document could be used

Access is allowed for all scientific groups and there is no restriction in terms of analysis

From where data/document is obtainable

Ali Birjandi Email: birjandi.ali68@gmail.com phone : 0098 912 2347498

What processes are involved for a request to access data/document

After receiving the application, the documents and files will be provided to the applicant within a week

Comments