

Clinical Trial Protocol

Iranian Registry of Clinical Trials

17 Sep 2026

Evaluation of effect of lowdye taping on pain and function in individuals with plantar fasciitis in patients of Iran medical sciences university hospitals

Protocol summary

Study aim

Comparison of the effect of taping on pain and function of patients with plantar fasciitis

Design

A randomized clinical trial with a control group. Randomization is done in the form of a table of random numbers, and blinding of participants is performed. 28 participants (14 individuals in each group). Randomization by table of random numbers.

Settings and conduct

This study takes place in Firoozgar Hospital, Tehran, Iran as a randomized clinical trial on patients with plantar fasciitis

Participants/Inclusion and exclusion criteria

The Inclusion criteria: patients referred to Firouzgar Hospital in Tehran who have been diagnosed with plantar fasciitis. 1- Pain in touching the plantar fascia should be reported 2- Pain should be local and sharp but not referral in nature 3- Pain worsens after the first few steps after a long rest 4- Pain improves after taking several steps but intensifies again with resuming activity 5- No allergy to taping The exclusion criteria: 1- History of steroid injection 2- Previous surgery, in the leg or lumbar disc 3- Description of rheumatologic diseases 4- The presence of deformity and other acquired congenital problems such as diabetes and flat feet 5- Performing other therapeutic interventions during the study.

Intervention groups

Patients are divided into two intervention and control groups. All patients receive pre-fabricated longitudinal-inner arch vinyl acetate stretching and orthopedic insoles with a hardness of 50 and a foam surface with a hardness of 30 and a leather surface suitable for the patient's size for daily activities that involve weight-bearing for 4 weeks before receiving the intervention. In addition to the above measures, the intervention group receives taping in 4 sessions with weekly replacement.

Main outcome variables

Adding a cost-effective method, increasing effectiveness, and improving quality of life and pain

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20090311001760N49**

Registration date: **2023-07-18, 1402/04/27**

Registration timing: **prospective**

Last update: **2023-07-18, 1402/04/27**

Update count: **0**

Registration date

2023-07-18, 1402/04/27

Registrant information

Name

Nargess Gholizadeh Pasha

Name of organization / entity

Fatemehzahra Infertility Reproductive Health Research Center, Babol University of Medical Sciences

Country

Iran (Islamic Republic of)

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+98 11 3236 2282

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Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-07-23, 1402/05/01

Expected recruitment end date

2024-03-19, 1402/12/29
Actual recruitment start date
empty
Actual recruitment end date
empty
Trial completion date
empty

Scientific title
Evaluation of effect of lowdye taping on pain and function in individuals with plantar fasciitis in patients of Iran medical sciences university hospitals

Public title
Evaluation of effect of lowdye taping on pain and function in individuals with plantar fasciitis in patients of Iran medical sciences university hospitals

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
Pain in plantar fascia Non-radicular local sharp pain
Worsening of pain with first steps after long rest
Reduction of pain after few steps and worsening after continued activity
Absence of history of allergic reaction to taping material
Exclusion criteria:
Steroids injection history
History of prior podiatric or lumbar surgeries
Rheumatologic disease history
Congenital or acquired deformities of foot such as diabetic foot or pes planus
Other therapeutic interventions at the time of study

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked

- Participant
- Data analyser

Sample size
Target sample size: **28**

Randomization (investigator's opinion)
Randomized

Randomization description
Randomization is done by a random numbers table. Then the numbers are placed in sealed envelopes, and neither the participant nor the analyzer knows about the numbers. Each patient chooses one of the envelopes. Due to the use of sham taping, participants are blinded.

Blinding (investigator's opinion)
Double blinded

Blinding description
Participants and analyzers do not know about each group's type.

Placebo
Used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Ethics committee of Iran University of Medical Sciences

Street address

5th floor Central building of Iran university of medical science, West Hemmat highway

City

Tehran

Province

Tehran

Postal code

1449614535

Approval date

2022-11-05, 1401/08/14

Ethics committee reference number

IR.IUMS.FMD.REC.1401.406

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 evaluation

Timepoint

Beginning of study (Before intervention), weeks 1 and 4

Method of measurement

Foot Function Index (FFI) and Self Administered Foot Evaluation Questionnaire (SAFE)

2

Description

Morning pain

Timepoint

Beginning of study (Before intervention), weeks 1 and 4

Method of measurement

Visual Analog Scale (VAS)

Secondary outcomes

1

Description

Function

Timepoint

Beginning of study (Before intervention), weeks 1 and 4

Method of measurement

Foot Function Index (FFI)

Intervention groups

1

Description

Intervention group: All patients receive pre-made stretching and insole exercises with longitudinal-inner arches made of ethyl vinyl acetate with a hardness of 50 and a foam surface with a hardness of 30 and a leather surface suitable for the patient's size for daily activities that involve weight-bearing for 4 weeks before receiving intervention. In addition to the above measures, the intervention group receives taping in 4 sessions with weekly replacement.

Category

Treatment - Devices

2

Description

Control group: In the control group, patients receive stretching and medical insole exercises along with sham taping with similar patient visits as the intervention group. In this case, two non-stretching bands are randomly placed and it is tried to be visually similar to the intervention group as much as possible so that the participants are blinded.

Category

Treatment - Devices

Recruitment centers

1

Recruitment center

Name of recruitment center

Firoozgar hospital

Full name of responsible person

Mitra Alizadeh

Street address

Beh-aafarin street, Vali-e-asr square

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Iran University of Medical Sciences

Full name of responsible person

Dr. Reza Falak

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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

Iran 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

Iran University of Medical Sciences

Full name of responsible person

Mitra alizadeh

Position

Resident of Physical Medicine and Rehabilitation

Latest degree

Medical doctor

Other areas of specialty/work

Physical Medicine

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Person responsible for scientific inquiries

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Position
Resident of Physical Medicine and Rehabilitation
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Medical doctor
Other areas of specialty/work
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Sharing plan

Deidentified Individual Participant Data Set (IPD)

Undecided - It is not yet known if there will be 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

Not applicable

Data Dictionary

Not applicable