Clinical Trial Protocol
Iranian Registry of Clinical Trials

07 Nov 2026

Comparison between effect of low-power laser therapy versus local methylprednisolone injection on plantar fascitis in patients refer to rheumatology clinic

Protocol summary

Summary

Low power lasers have gained popularity over the 30 past years in the management of soft tissue injuries. Low -level lasers are used to accelerate wound healing, lessen pain, decreased inflammation and speed recovery of musculoskeletal injury. In this study the effects of methylprednisolone infusion weekly for three sessions are compared with laser for 10 sessions on 20 patients in each group. Patients followed up to 2 months after treatment for pain and tenderness in calcaneous. we conducted a trial to evaluated the efficacy of low-level laser therapy in comparison of local steroid injection in patients with plantar fascitis

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT201110247877N1**
Registration date: **2011-12-14, 1390/09/23**
Registration timing: **registered_while_recruiting**

Last update:
Update count: **0**

Registration date

2011-12-14, 1390/09/23

Registrant information

Name

Batol Zamani

Name of organization / entity

Kasahan University of Medical Sciences

Country

Iran (Islamic Republic of)

Phone

+98 36 1555 4296

Email address

zamani-b@kaums.ac.ir

Recruitment status

Recruitment complete

Funding source

Kashan University of Medical Sciences

Expected recruitment start date

2011-07-28, 1390/05/06

Expected recruitment end date

2012-07-26, 1391/05/05

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

Comparison between effect of low-power laser therapy versus local methylprednisolone injection on plantar fascitis in patients refer to rheumatology clinic

Public title

Comparison between effect of low-power laser therapy versus local methylprednisolone injection on plantar fascitis in patients refer to Rheumatology clinic

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: patients have 22-65 years with unilateral plantar fascitis and duration of pain more than 6 week , Exclusion criteria:patients with bilateral Plantar fascitis; there was history of recent trauma or foot surgery; enrolled during recent 3-6 months therapeutic protocol; there was a previous diagnosis of rheumatoid arthritis; seronegative spondyloarthropathy; cacaneal stress fracture, osteomyelitis; plantar fascia neoplasm and plantar aponeurosis rupture

Age

From **22 years** old to **65 years** old

Gender

Both

Phase

2

Groups that have been masked

No information

Sample size

Target sample size: **40**

Randomization (investigator's opinion)

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

Kashan University of Medical Sciences

Street address

5th Km of Ghotbe Ravandi Bulv.

City

Kashan

Postal code

Approval date

2010-09-23, 1389/07/01

Ethics committee reference number

1390/1/5/29/پ

Health conditions studied

1

Description of health condition studied

Plantar fasciitis

ICD-10 code

M72.2

ICD-10 code description

Plantar fasciitis

Primary outcomes

1

Description

The heel pain

Timepoint

After a night of rest and 6 weeks after treatment - after an active day and 6 weeks after treatment

Method of measurement

Visual analog scale

2

Description

Tenderness on the junction of plantar fascia

Timepoint

One and six weeks after treatment

Method of measurement

Visual analog scale

Secondary outcomes

1

Description

Infection at injection site

Timepoint

One and six weeks after injection

Method of measurement

Physical examination

Intervention groups

1

Description

Group 1: Methylprednisolone injection once a week for 3 weeks

Category

Treatment - Drugs

2

Description

Group2:Low-power laser in a ten session in every other day

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Beheshti Hospital

Full name of responsible person

Street address

City

Kashan

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Kashan University of Medical Sciences

Full name of responsible person
Dr. Gholam Ali Hamidi
Street address
5th Kilometer Ghotbe Ravandi Bulv.Kashan University of Medical Sciences
City
kashan
Grant name
Grant code / Reference number
Is the source of funding the same sponsor organization/entity?
Yes
Title of funding source
Kashan University of Medical Sciences
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

Person responsible for general inquiries

Contact
Name of organization / entity
kashan Univercity of Medical Sciences
Full name of responsible person
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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