

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### The effect of low power laser in the treatment of planter fasciitis

#### Protocol summary

##### Summary

Plantar fasciitis has very important performance in the function of foot. The over stretching on this fascia causes inflammation and calcaneal pain. The aim of this study is to investigate the effect of low power laser on plantar fasciitis. This is a double-blinded randomized clinical trial. Fifty patients will refer to clinic of Fattemieh physiotherapy in Rafsanjan. They will be divided into two equal groups randomly. Two intervention of this study are low power laser (Gal Al As,810nm,100mV) and placebo. Severity of local pain, radicular pain, sensitivity to palpation and morning pain will be assessed in the 1st, 5th, 10th sessions. Main inclusion criteria are calcaneal pain, radicular pain and sensitivity to palpation. Main exclusion criteria are calcaneal fracture, rheumatoid arthritis and injection of corticosteroids.

#### General information

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT138811093220N1**  
Registration date: **2011-09-21, 1390/06/30**  
Registration timing: **registered\_while\_recruiting**

Last update:

Update count: **0**

##### Registration date

2011-09-21, 1390/06/30

##### Registrant information

##### Name

Dadollah Shahimoridi

##### Name of organization / entity

Rafsanjan University of Medical Sciences

##### Country

Iran (Islamic Republic of)

##### Phone

+98 39 1822 0040

##### Email address

d\_shahimoridi@rums.ac.ir

##### Recruitment status

**Recruitment complete**

##### Funding source

Rafsanjan University of Medical Sciences

##### Expected recruitment start date

2010-02-09, 1388/11/20

##### Expected recruitment end date

2012-02-09, 1390/11/20

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

##### Scientific title

The effect of low power laser in the treatment of planter fasciitis

##### Public title

The effect of laser on planter fasciitis

##### Purpose

Treatment

##### Inclusion/Exclusion criteria

Inclusion: calcaneal pain; radicular pain; sensitivity to palpation; morning pain. Exclusion: calcaneal fracture; diabetes; rheumatoid arthritis; injection of corticosteroids during last month.

##### Age

From **20 years** old to **80 years** old

##### Gender

Both

##### Phase

N/A

##### Groups that have been masked

*No information*

##### Sample size

Target sample size: **50**

##### Randomization (investigator's opinion)

Randomized

### Randomization description

#### Blinding (investigator's opinion)

Double blinded

#### Blinding description

##### Placebo

Used

#### Assignment

Parallel

#### Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Rafsanjan University of Medical Sciences

##### Street address

Emam Ali street

##### City

Rafsanjan

##### Postal code

7717893591

#### Approval date

2009-12-12, 1388/09/21

#### Ethics committee reference number

851/20/9

## Health conditions studied

### 1

#### Description of health condition studied

Plantar fasciitis

#### ICD-10 code

M72.2

#### ICD-10 code description

Plantar fasciitis fibromatosis

## Primary outcomes

### 1

#### Description

Radicular pain

#### Timepoint

1st (before treatment), 5th and 10th sessions

#### Method of measurement

By question from patient

### 2

#### Description

Intensity of local pain

#### Timepoint

1st (before treatment), 5th and 10th sessions

#### Method of measurement

Through Visual Analogue Scale (VAS)

### 3

#### Description

Sensitivity to palpation

#### Timepoint

1st (before treatment), 5th and 10th sessions

#### Method of measurement

By press calcaneal area and question from patient

### 4

#### Description

Morning pain

#### Timepoint

1st (before treatment), 5th and 10 sessions

#### Method of measurement

By question from patient

## Secondary outcomes

empty

## Intervention groups

### 1

#### Description

Intervention 1: Low power laser (Gal AL AS, 810 nm, 100mv) is applied by 6 Joule and 3 minutes during 10 sessions on calcaneal pain area.

#### Category

Rehabilitation

### 2

#### Description

Control group (placebo): Laser set is on but intensity (dose) of device turn off and then applicator of set is applied on calcaneal area during 10 sessions and 3 minutes per session.

#### Category

Placebo

## Recruitment centers

### 1

#### Recruitment center

##### Name of recruitment center

Fattemieh physiotherapy

##### Full name of responsible person

Dadollah Shahimoridi

##### Street address

Moalem street, alley 17

##### City

Rafsanjan

## Sponsors / Funding sources

## 1

### Sponsor

**Name of organization / entity**

Rafsanjan University of Medical Sciences

**Full name of responsible person**

Dr. Raza Vazirinejad

**Street address**

Emam Ali street

**City**

Rafsanjan

**Grant name**

**Grant code / Reference number**

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

Yes

**Title of funding source**

Rafsanjan 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**

Rafsanjan University of Medical Sciences

**Full name of responsible person**

Dadollah Shahimoridi

**Position**

Academic member

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MSc of physiotherapy

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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*