

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Effects of Mobilization with Movement and Maitland grade III Mobilization on pain and physical function in plantar fasciitis.

#### Protocol summary

##### Study aim

To determine the effects of mobilization with movement and Maitland grade III mobilization on pain and physical function in plantar fasciitis.

##### Design

Randomised, superiority, parallel group trial with blinded outcome assessment. Randomisation was centralised and computerised with concealed randomisation sequence carried out at an external site

##### Settings and conduct

This study will be conducted at Riphah Rehab Clinic. The treatment will be given for a total of 4 weeks. 2 sessions given in each week. The outcome measure will be measured at baseline and after 4 weeks. Outcome assessor will be blinded. After taking informed written consent. Allot a distinct identification number and placed all written consent forms in locker to blind assessor.

##### Participants/Inclusion and exclusion criteria

**INCLUSION CRITERIA:** 1. Age: 30-60 years 2. Both male and female patients with chronic plantar fasciitis 3. Tender medial side of the calcaneus on palpation 4. Pain occur on insertion of the plantar fascia by palpation 5. Pain occur in weight-bearing activities 6. Positive results of windlass test 7. Negative results of tarsal tunnel test  
**EXCLUSION CRITERIA:** 1. Patient having any arthritis such as rheumatoid arthritis, reactive arthritis 2. Tumor 3. Fracture of tarsals and metatarsals 4. Tarsal tunnel syndrome 5. Any recent surgery of ankle and foot

##### Intervention groups

Intervention of group A=Mobilization with movement, Gastrocnemius stretching, Stretching of Plantar fascia, Ultrasound Therapy. Intervention of group B=Maitland grade III mobilization, Gastrocnemius stretching, Stretching of Plantar fascia, Ultrasound Therapy

##### Main outcome variables

Numeric pain rating scale, Foot and ankle ability measure

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200218046541N1**

Registration date: **2020-08-16, 1399/05/26**

Registration timing: **registered\_while\_recruiting**

Last update: **2020-08-16, 1399/05/26**

Update count: **0**

##### Registration date

2020-08-16, 1399/05/26

##### Registrant information

##### Name

Fatima Mazhar

##### Name of organization / entity

Riphah International University

##### Country

Pakistan

##### Phone

+92 42 37284283

##### Email address

drfatimamazhar@gmail.com

##### Recruitment status

**Recruitment complete**

##### Funding source

##### Expected recruitment start date

2020-03-20, 1399/01/01

##### Expected recruitment end date

2020-11-30, 1399/09/10

##### Actual recruitment start date

empty

##### Actual recruitment end date

empty

##### Trial completion date

empty

## Scientific title

Effects of Mobilization with Movement and Maitland grade III Mobilization on pain and physical function in plantar fasciitis.

## Public title

Effects of Mobilization with Movement and Maitland grade III Mobilization on pain and physical function in plantar fasciitis.

## Purpose

Treatment

## Inclusion/Exclusion criteria

### Inclusion criteria:

age: 30-60 years both male and female patients with chronic plantar fasciitis tender medial side of the calcaneus on palpation pain occur on insertion of the plantar fascia by palpation pain occur in weight-bearing activities positive results of windlass test negative results of tarsal tunnel test.

### Exclusion criteria:

patient having any arthritis such as rheumatoid arthritis, reactive arthritis tumor fracture of tarsals and metatarsals tarsal tunnel syndrome any recent surgery of ankle and foot

## Age

From **30 years** old to **60 years** old

## Gender

Both

## Phase

N/A

## Groups that have been masked

- Outcome assessor

## Sample size

Target sample size: **16**

## Randomization (investigator's opinion)

Randomized

## Randomization description

Patients will be assign randomly in group A and group B by computer-generated random number table.

## Blinding (investigator's opinion)

Single blinded

## Blinding description

Single blinded study. Assessments regarding clinical recovery will be conducted by an assessor blind to treatment allocation due to the nature of the intervention neither participants nor staff can be blinded to allocation. After taking informed written consent. Allot a distinct identification number and placed all written consent forms in locker to blind assessor. Assessor can analyze data without having information about the allocation.

## Placebo

Not used

## Assignment

Parallel

## Other design features

## Secondary Ids

empty

## Ethics committees

### 1

#### Ethics committee

##### Name of ethics committee

Research Ethical Committee (REC), Riphah College of Rehabilitation

##### Street address

28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore.

##### City

Lahore

##### Postal code

54000

##### Approval date

2641-04-28, 2020/02/08

##### Ethics committee reference number

REC/RCRS/20/1032

## 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

Pain

#### Timepoint

Before treatment and 4 weeks after completion of intervention

#### Method of measurement

Numeric pain rating scale (NPRS)

## Secondary outcomes

### 1

#### Description

Physical function

#### Timepoint

Before treatment and 4 weeks after completion of intervention

#### Method of measurement

Foot and ankle ability measure (FAAM)

## Intervention groups

### 1

#### Description

Intervention group: Mobilization with movement,

gastrocnemius stretching, stretching of plantar fascia and ultrasound therapy

**Category**

Treatment - Other

**2**

**Description**

Intervention group: =Maitland grade III mobilization, gastrocnemius stretching, stretching of plantar fascia and ultrasound therapy.

**Category**

Treatment - Other

**Recruitment centers**

**1**

**Recruitment center**

**Name of recruitment center**

Riphah rehab center, Lahore Pakistan

**Full name of responsible person**

Muhammad Hashim

**Street address**

393-D3 wapda town Lahore

**City**

Lahore

**Postal code**

54770

**Phone**

+92 42 35126110

**Email**

chistisalman@yahoo.com

**Sponsors / Funding sources**

**1**

**Sponsor**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Muhammad Salman Bashir

**Street address**

28-M Quaid-e-Azam Industrial Estate , Kot Lakhpat, Lahore.

**City**

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**Postal code**

54000

**Phone**

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**Email**

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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**

Riphah International University

**Proportion provided by this source**

20

**Public or private sector**

Private

**Domestic or foreign origin**

Foreign

**Category of foreign source of funding**

Sponsor: country of origin

**Country of origin**

PK

**Type of organization providing the funding**

Academic

**Person responsible for general inquiries**

**Contact**

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Muhammad Salman Bashir

**Position**

Associate professor

**Latest degree**

Ph.D.

**Other areas of specialty/work**

Physiotherapy

**Street address**

28-M Quaid-e-Azam, Industrial Estate, Kot Lakhpat, Lahore

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**Province**

Punjab

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**Person responsible for scientific inquiries**

**Contact**

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## Person responsible for updating data

### Contact

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Riphah International University

**Full name of responsible person**  
Muhammad Salman Bashir

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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

Undecided - It is not yet known if there will be a plan to make this available

### Data Dictionary

Undecided - It is not yet known if there will be a plan to make this available