Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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 IIImobilization, 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.

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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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Person responsible for scientific inquiries

Contact

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Person responsible for updating data

Contact
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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