

# Clinical Trial Protocol

## Iranian Registry of Clinical Trials

10 Jun 2026

### Comparison of Subtalar Mobilization with Conventional Physiotherapy Treatment for the Management of Planter Fasciitis

#### Protocol summary

##### Study aim

To compare the effectiveness subtalar mobilization with mulligan technique on pain and functional limitations versus conventional physiotherapy in patients with Planter Fasciitis

##### Design

Two arm parallel group randomised trial with blinded postoperative care and outcome assessment

##### Settings and conduct

The data was collected from Prime Care Hospital, Faisalabad. The patients were divided into two groups by using card allocation method. In group-A patients were treated with subtalar mobilization with Mulligan Technique and in group-B patients were treated with Convention physiotherapy treatment that were include a session of therapeutic Ultrasound for 10 minutes. Patients in both the groups received rigid tapping as standard treatment. Each Patient receives two treatment sessions per week with maximum eight treatment sessions over the period of 3 weeks.

##### Participants/Inclusion and exclusion criteria

Inclusion Criteria Age 30–60 years. Patients of both Genders Main presenting complaint of Heel & Foot pain Limitation of Range of Motion at ankle joint due to heel pain Pain allocated at the bottom of heel and produced by pressure Pain in the morning at first steps or after prolonged non-weight bearing Exclusion criteria History of trauma, acute and chronic pathology Patients with any Systemic Illness (e.g. Rheumatism)• Fracture below knee during the last year Prior foot surgeries

##### Intervention groups

n group-A patients were treated with subtalar mobilization with Mulligan Technique and rigid tapping as standard treatment. Each Patient receives two treatment sessions per week with maximum 6 treatment sessions over the period of 3 weeks.

##### Main outcome variables

Outcomes were measured by Visual Analogue Scale and Foot & Ankle Disability Index at baseline, after 1st and

2nd week and at the end of the treatment.

#### General information

##### Reason for update

##### Acronym

##### IRCT registration information

IRCT registration number: **IRCT20200221046567N2**

Registration date: **2020-04-18, 1399/01/30**

Registration timing: **prospective**

Last update: **2020-04-18, 1399/01/30**

Update count: **0**

##### Registration date

2020-04-18, 1399/01/30

##### Registrant information

##### Name

Muhammad Kashif

##### Name of organization / entity

Riphah International University

##### Country

Pakistan

##### Phone

+92 41 8777210

##### Email address

kashif.shaffi@gmail.com

##### Recruitment status

**Not yet recruiting**

##### Funding source

##### Expected recruitment start date

2638-03-30, 2017/01/10

##### Expected recruitment end date

2638-10-02, 2017/07/10

##### Actual recruitment start date

2638-04-04, 2017/01/15

##### Actual recruitment end date

2638-10-12, 2017/07/20

**Trial completion date**

2638-10-12, 2017/07/20

**Scientific title**

Comparison of Subtalar Mobilization with Conventional Physiotherapy Treatment for the Management of Planter Fasciitis

**Public title**

Comparison of Subtalar Mobilization with Conventional Physiotherapy Treatment for the Management of Planter Fasciitis

**Purpose**

Treatment

**Inclusion/Exclusion criteria****Inclusion criteria:**

Age 30–60 years. Patients of both Genders Main presenting complaint of Heel & Foot pain Limitation of Range of Motion at ankle joint due to heel pain Pain allocated at the bottom of heel and produced by pressure Pain in the morning at first steps or after prolonged non-weight bearing

**Exclusion criteria:**

History of trauma, acute and chronic pathology Patients with any Systemic Illness (e.g. Rheumatism)• Fracture below knee during the last year Prior foot surgeries A positive diagnosis of Tarsal Tunnel Syndrome (TTS) / Fat Pad Syndrome

**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: **60**

Actual sample size reached: **52**

**Randomization (investigator's opinion)**

Randomized

**Randomization description**

Participants were randomly assigned following simple randomization procedures (computerized random numbers) to 1 of 2 treatment group

**Blinding (investigator's opinion)**

Single blinded

**Blinding description**

The study was single-blinded as assessors of the study was blinded of the treatment group to which the patient will be allocated.

**Placebo**

Not used

**Assignment**

Parallel

**Other design features****Secondary Ids**

empty

**Ethics committees****1****Ethics committee****Name of ethics committee**

Research Ethical Committee, Riphah College of Rehabilitation Sciences, Pakistan.

**Street address**

Satiana Road

**City**

Faisalabad

**Postal code**

3800

**Approval date**

2638-02-01, 2016/11/12

**Ethics committee reference number**

RCRAHS/ERB/112

**Health conditions studied****1****Description of health condition studied**

PLANTER FASCIITIS

**ICD-10 code**

M79.671

**ICD-10 code description**

Heel pain, plantar fasciitis, subtalar mobilization, manual therapy, rigid taping.

**Primary outcomes****1****Description**

Pain

**Timepoint**

Baseline and on 1 and 2 week and end of intervention

**Method of measurement**

Visual Analogue Scale

**2****Description**

Foot and Ankle Functional Limitations

**Timepoint**

Baseline and on 1 and 2 week and end of intervention

**Method of measurement**

Foot and Ankle Disability Index

**Secondary outcomes**

empty

**Intervention groups****1****Description**

Intervention group: will get subtalar mobilization (Mulligan Technique) +rigid tapping as standard

treatment for 40 minutes of session. Each Patient receives two treatment sessions per week over the period of three weeks.

**Category**

Rehabilitation

**2****Description**

Control group: will get subtalar conventional physiotherapy +rigid tapping as standard treatment for 40 minutes of session. Each Patient receives two treatment sessions per week over the period of three weeks.

**Category**

Rehabilitation

**Recruitment centers****1****Recruitment center****Name of recruitment center**

Prime Care Hospital Faisalabad

**Full name of responsible person**

Muhammad Kashif

**Street address**

Satiana Road

**City**

Faisalabad

**Postal code**

3800

**Phone**

+92 41 8777210

**Email**

kashif.shaffi@gmail.com

**Sponsors / Funding sources****1****Sponsor****Name of organization / entity**

Riphah International University

**Full name of responsible person**

Muhammad Kashif

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**Grant name****Grant code / Reference number****Is the source of funding the same sponsor organization/entity?**

No

**Title of funding source**

Riphah International University

**Proportion provided by this source**

100

**Public or private sector**

Private

**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**

Riphah International University

**Full name of responsible person**

Muhammad Kashif

**Position**

Associate Professor

**Latest degree**

Master

**Other areas of specialty/work**

Physiotherapy

**Street address**

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**Person responsible for scientific inquiries****Contact****Name of organization / entity**

Riphah International University

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Muhammad Kashif

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Associate professor

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## Person responsible for updating data

### Contact

**Name of organization / entity**

Riphah International University

**Full name of responsible person**

Muhammad Kashif

**Position**

Associate professor

**Latest degree**

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## Sharing plan

### Deidentified Individual Participant Data Set (IPD)

Yes - There is a plan to make this available

### Study Protocol

Yes - There is 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

Not applicable

### Analytic Code

Not applicable

### Data Dictionary

Not applicable

### Title and more details about the data/document

IPD collected for the primary outcome measure only

### When the data will become available and for how long

starting 6 months after publication

### To whom data/document is available

Academic institutions

### Under which criteria data/document could be used

who want to compare/conduct studies on comparison of subtalar mobilization with conventional treatment for the management of planter fasciitis

### From where data/document is obtainable

Principal Investigator by email: kashif.shaffi@gmail.com

### What processes are involved for a request to access data/document

An email request to Principal Investigator email: kashif.shaffi@gmail.com

### Comments