Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 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

Enclusion 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
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+92 41 8777210
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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

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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

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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?

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

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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