Clinical Trial Protocol
Iranian Registry of Clinical Trials

22 Nov 2026

Comparison of the success rate of treatment with Depomedrol injection and extracorporeal shock waves (ESWT) in patients with heel pain due to plantar fasciitis

Protocol summary

Study aim

Comparison of the success rate of treatment with Depomedrol injection and extracorporeal shock waves (ESWT) in patients with heel pain due to plantar fasciitis in patients referred to Bouali Hospital

Design

A number of 86 patients are included in the study, so that each patient is assigned a number and randomly placed in two groups of 43 people according to the online random number table. Patient information is recorded in data collection forms and entered into SPSS version 26 statistical software. The rate of treatment success is evaluated using the Vas scale. The data is entered into the data collection form and then spss and analyzed.

Settings and conduct

The patients of the first group were treated with depomedrol injection and the second group were treated with shock wave therapy. A single dose of depomedrol 40mg/ml is injected into the heel of the foot inside the plantar fascia.for ESWT at first a ultrasonogram gel will be applied to heel and plantar fascia area .Then the device probe is placed in the heel and plantar fascia area and then treatment is performed with frequency of 1 to 20 Hz and a duration of 15 to 20 minutes.After a period of 4 months, the treatment success rate between depomedrol injection and shock wave therapy in patients was evaluated using the Vas scale.this process is done in Tehran Bouali hospital

Participants/Inclusion and exclusion criteria

admission:agree to cooperate/patient has plantar fascitis not admit:radiculopathy/prior history of calcaneal fx/calcaneal tumor/ra and as

Intervention groups

corticoid therapy:depomedrol injection physiotherapy: extracorporeal shock waves

Main outcome variables

Heel pain caused by plantar fasciitis is evaluated using the Vas scale.

General information

Reason for update

Acronym

IRCT registration information

IRCT registration number: **IRCT20230807059066N1**
Registration date: **2023-08-21, 1402/05/30**
Registration timing: **prospective**

Last update: **2023-08-21, 1402/05/30**
Update count: **0**

Registration date

2023-08-21, 1402/05/30

Registrant information

Name

Alireza Hashemian

Name of organization / entity

Country

Iran (Islamic Republic of)

Phone

+98 21 7763 3714

Email address

al.hashemian@gmail.com

Recruitment status

Recruitment complete

Funding source

Expected recruitment start date

2023-08-22, 1402/05/31

Expected recruitment end date

2023-09-11, 1402/06/20

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date
empty

Scientific title
Comparison of the success rate of treatment with Depomedrol injection and extracorporeal shock waves (ESWT) in patients with heel pain due to plantar fasciitis

Public title
Comparison of the success rate of treatment with Depomedrol injection and extracorporeal shock waves (ESWT) in patients with heel pain due to plantar fasciitis

Purpose
Treatment

Inclusion/Exclusion criteria
Inclusion criteria:
patient has plantar fascitis patient agree to cooperate
Exclusion criteria:
radiculopathy AS and RA prior history of calcaneal fx calcaneal tumor advanced neuropathy

Age
No age limit

Gender
Both

Phase
N/A

Groups that have been masked
No information

Sample size
Target sample size: **86**

Randomization (investigator's opinion)
Randomized

Randomization description
method : Simple randomization Random sequence generation: by using random number table from top to bottom ,even numbers belong to group a and odd numbers belong to group b Allocation concealment :central randomization

Blinding (investigator's opinion)
Not blinded

Blinding description

Placebo
Not used

Assignment
Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee
Name of ethics committee
Ethics committee of Azad Tehran medical university
Street address
NO.9,Attarimoghadam Ave. ,Shariati Street, Tehran Town
City
Tehran
Province
Tehran
Postal code
1949635881

Approval date
2022-08-15, 1401/05/24

Ethics committee reference number
IR.IAU.TMU.REC.1401.165

Health conditions studied

1

Description of health condition studied
plantar fascitis

ICD-10 code
M72.2

ICD-10 code description
Other fibroblastic disorders

Primary outcomes

1

Description
score of disability due to plantar fasciitis by Oxford foot disability index

Timepoint
start of treatmet and 2 till 4 months after treatment

Method of measurement
oxford foot disability score

Secondary outcomes

empty

Intervention groups

1

Description
Intervention group: group a which is chosen by simple randomization and referred to physiotherapy for extracorporeal shock wave therapy that has a device put in contact with skin of heel and produce shockwave with frequency of 10ms and amplitude of 76 map

Category
Treatment - Devices

2

Description
Control group: group b : Depomedrol 40mg amp injected in the heel of the injured leg at the clinic

Category
Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center
Bouali hospital Tehran

Full name of responsible person
Alireza Hashemian

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Damavand Street

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Sponsors / Funding sources

1

Sponsor

Name of organization / entity
Islamic Azad University

Full name of responsible person
Dr. Masoud Parsania

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Int.affairs@tms.iau.ir

Grant name

Grant code / Reference number

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

Title of funding source
Islamic Azad University

Proportion provided by this source
100

Public or private sector
Public

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
Islamic Azad University

Full name of responsible person
Alireza Hashemian

Position
medical intern

Latest degree
Medical doctor

Other areas of specialty/work
Orthopedics

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Person responsible for updating data

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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