

Clinical Trial Protocol

Iranian Registry of Clinical Trials

10 Jun 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 fasciitis
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 fasciitis 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 fasciitis

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 treatment 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

Street address

Damavand Street

City

Tehran

Province

Tehran

Postal code

1711734365

Phone

+98 21 3334 8036

Fax

+98 21 3378 6182

Email

booali.hospital96@gmail.com

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Islamic Azad University

Full name of responsible person

Dr. Masoud Parsania

Street address

NO.9,Attarimoghadam Ave. ,Shariati Street, Tehran
Town

City

Tehran

Province

Tehran

Postal code

1949635881

Phone

+98 21 2200 6660

Email

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

Street address

No.6, Kafeaiamani Ave, Tehran Town

City

Tehran

Province

Tehran

Postal code

1155676313

Phone

+98 21 7763 3714

Email

al.hashemian@gmail.com

Person responsible for scientific 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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+98 21 7763 3714

Email

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Person responsible for updating data

Contact**Name of organization / entity**

Islamic Azad University

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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