

# 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, Kafaieiamani 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

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medical intern

**Latest degree**

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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