

Plantar Fascia-Specific Stretching (PFSS) versus Radial Shock Wave Therapy (SWT) as Initial Treatment of Plantar Fasciopathy

Submission date 23/11/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 03/12/2009	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 03/12/2009	Condition category Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Germany
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Additional identifiers

Protocol serial number

N/A

Study information

Scientific Title

Plantar Fascia-Specific Stretching (PFSS) versus Radial Shock Wave Therapy (SWT) as Initial Treatment of Plantar Fasciopathy: a randomised controlled observer-blinded trial

Study objectives

Null hypothesis: PFSS or SWT for patients with a previously untreated unilateral plantar fasciitis (PF) of up to six-week duration provide comparable outcomes at 2 months follow-up

Ethics approval required

Old ethics approval format

Ethics approval(s)

Institutional Review Board of the "Orthopädie im Centrum", Alzey, Germany, approved on 4th July 2005

Study design

Randomised controlled observer blinded trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Plantar fasciopathy

Interventions

Group I: plantar fascia-specific stretching, 3x per day, for eight weeks

Group II: Shock wave therapy, performed 3x in weekly intervals

Follow-up: at 2 months, 4 months, 15 months from baseline

Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

The primary efficacy endpoint is prospectively defined as change of the sum score of the pain subscale of the Foot function Index (PS-FFI) from baseline to month two. Further primary efficacy criteria are the change of item '2' of the PS-FFI from baseline to month two, and the response rate to question #6 (satisfaction with treatment) of the subject-relevant outcome measures (SROM) questionnaire at month two from baseline.

Key secondary outcome(s)

Change of the sum score of the PS-FFI from baseline to month four, and to month fifteen; change of the score of item '2' of the PS-FFI from baseline to month four, and to month fifteen; association of treatment with response rates of the SROM questionnaire at month two, at month four, and at month fifteen.

Completion date

01/08/2008

Eligibility

Key inclusion criteria

1. History of plantar fasciitis for less than 6 weeks
2. Numeric Rating Scale (NRS) score ≥ 6 points for pain during the first few steps of walking in the morning
3. Localised pain on palpation of the proximal plantar fascia
4. Be willing to abstain from any other treatments or medications during the treatment and follow-up period

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. < 18 years of age
2. Receiving local injections prior to the randomisation visit
3. Receiving physical therapy prior to the randomisation visit
4. Receiving NSAIDs for any chronic conditions whether or not related to plantar fasciitis prior to the randomization visit
5. Receiving systemic therapeutic anticoagulants
6. Bilateral plantar fasciitis
7. History and/or physical findings of lower extremity dysfunction, local arthritis, generalised poly-arthritis, rheumatoid arthritis, ankylosing spondylitis, local arthrosis.
8. Neurologic abnormality (changes of deep tendon reflexes, motor or sensory deficit)
9. Arthrosis of the foot or ankle, as confirmed by x-ray diagnosis (AP, lateral views)
10. Previous surgery of the foot
11. Participation in a Workmans Compensation Program or plans to apply for the Program
12. Thrombopathy, infection, tumour, diabetes mellitus, systemic lupus, severe cardiac disease or other severe systemic diseases
13. Pregnancy

Date of first enrolment

01/08/2005

Date of final enrolment

01/08/2008

Locations

Countries of recruitment

Germany

Study participating centre
OrthoTrauma Evaluation Center
Mainz
Germany
D-55130

Sponsor information

Organisation
OrthoTrauma Evaluation Centre (Germany)

Funder(s)

Funder type
Hospital/treatment centre

Funder Name
OrthoTrauma Evaluation Center (Germany)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes