

# Mechanical Plantar heel pain (MPHP) and its response to a gastrocnemious-stretching programme

|                                        |                                                       |                                                      |
|----------------------------------------|-------------------------------------------------------|------------------------------------------------------|
| <b>Submission date</b><br>29/09/2006   | <b>Recruitment status</b><br>No longer recruiting     | <input type="checkbox"/> Prospectively registered    |
| <b>Registration date</b><br>29/09/2006 | <b>Overall study status</b><br>Completed              | <input type="checkbox"/> Protocol                    |
| <b>Last Edited</b><br>21/04/2015       | <b>Condition category</b><br>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

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## Additional identifiers

**Protocol serial number**  
N0284168580

## Study information

**Scientific Title**  
Mechanical Plantar heel pain (MPHP) and its response to a gastrocnemious-stretching programme

**Study objectives**

Does the stretching programme reduce the symptoms of MPHP?

**Ethics approval required**

Old ethics approval format

**Ethics approval(s)**

Not provided at time of registration

**Primary study design**

Interventional

**Study design**

Randomised controlled trial

**Study type(s)**

Treatment

**Health condition(s) or problem(s) studied**

Musculoskeletal Diseases: Mechanical plantar heel pain

**Interventions**

Participants will be taken from outpatient clinic and given a series of stretching exercises then after the 6 week period will be asked to fill in questionnaires.

Participants will be randomly allocated into 2 groups:

Group A: stretching programme

Group B: will be the control and be required to continue as normal for the 6 week duration of the study

**Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Not provided at time of registration

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

20/09/2005

**Eligibility**

**Key inclusion criteria**

Not provided at time of registration

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Not Specified

**Sex**

Not Specified

**Key exclusion criteria**

Not provided at time of registration

**Date of first enrolment**

20/06/2005

**Date of final enrolment**

20/09/2005

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

**Wigan Lane**

Wigan

United Kingdom

WN1 2NN

## **Sponsor information**

**Organisation**

Record Provided by the NHSTCT Register - 2006 Update - Department of Health

## **Funder(s)**

**Funder type**

Government

**Funder Name**

Wrightington, Wigan and Leigh NHS Trust (UK), NHS R&D Support Funding

## **Results and Publications**

**Individual participant data (IPD) sharing plan**

**IPD sharing plan summary**

Not provided at time of registration