

# Dynamic Versus Static Night Splinting of Plantar Fasciitis

NCT05432895

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|-------------------|---------------------|
| <b>Status</b>     | RECRUITING          |
| <b>Phase</b>      | Not Applicable      |
| <b>Sponsor</b>    | Stanford University |
| <b>Enrollment</b> | 200 participants    |

## Key Eligibility Criteria

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### Inclusion (3)

- Demographic - Over 18 years of age and ambulatory without a gait aid with no history of narcotic use
- Diagnosis - Unilateral or bilateral acute (< 6 months of pain) plantar fasciitis (i.e., Heel pain that increases with weightbearing, "First step pain": heel pain that occurs after a period of non-weightbearing, such as in the morning when arising from bed or when arising after prolonged sitting; the pain is improved after a few minutes walking but will worsen again with prolonged weightbearing, tenderness over the medial calcaneal tuberosity at the insertion of the plantar fasciitis)
- Permitted - Icing, NSAIDS( ibuprofen), Custom Shoe Inserts, Diagnostic Ultrasound

### Exclusion (7)

- Demographic - Under 18 year of age, requires a gait aid for ambulation; if not covered by insurance,
- Diagnosis of - Arthritis of the Ankle, Midfoot, or Forefoot; Inflammatory Arthritis; Gout; Turf Toe; Hallux Rigidus; Hallux Limitus; Sesamoiditis; Tendonitis or Tendinopathy; Prior tear or Rupture of the Plantar Fascia; Fibromyalgia, Neuralgia, or Neuropathy; Peripheral Vascular Disease; Prior Trauma to the Heel, Fracture of the Calcaneus; Infection; Corn; Callus; Ingrown Nail.
- Patient with history of Symptoms for over 6 months
- Refractory to prior splint-based treatments
- Prior injection of the plantar fascia
- ... and 2 more (see full listing online)

## Locations (2 total)

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Stanford University School of Medicine, Palo Alto, California, United States  
Stanford outpatient center, Redwood City, California, United States