

# Effects of High Load Strength Training With and Without Tissue Specific Planter Facia Stretching With Planter Fasciitis

NCT06536803

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Status	RECRUITING
Phase	Not Applicable
Sponsor	Riphah International University
Enrollment	40 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Only Male Athletes
- Prediagnosed Patients suffering from Plantar fasciitis referred from Orthopedic.
- History of inferior heel pain atleast 2 weeks before enrollement.
- Pain on palpation of Medial calcaneal Tubercle/proximal Plantar Fascia.
- All participants with in the age group between 20-35 yrs.

... and 2 more (see full listing online)

### Exclusion (6)

- History of any systemic disease
- Heel and skin infection
- History of prior Surgery
- Corticosteroid injection for Plantar fasciitis within previous 06 momths;
- Any known malignancy /neoplasma involved side.

... and 1 more (see full listing online)

## Locations (1 total)

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Youth foot ball club,MOTH, Mirpur Mathelo, Pakistan