

Effects of Windlass Versus Calcaneal Taping in Football Player With Plantar Fasciitis.

NCT06637592

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Riphah International University |
| Enrollment | 34 participants |

Key Eligibility Criteria

Inclusion (4)

- positive windlass test
- Pain can appear after a period of intense training, normally declines with the warm up and reappears at the end of training.
- Intense and acute heel pain localized primarily where plantar fascia attaches to the anterior calcaneus.
- The pain presents on first walking in the morning or after a rest period.

Exclusion (7)

- Congenital deformity of ankle and foot.
- History of foot and ankle fracture.
- History of ankle and foot surgery.
- Previous surgery or treatment for plantar fasciitis in the previous 6 months.
- Use of an assistive device for ambulation
- ... and 2 more (see full listing online)

Locations (2 total)

Raiders football club, Lahore, Punjab Province, Pakistan
Pakistan sports board, Lahore, Punjab Province, Pakistan