STUDY PROTOCOL

Official Title:

The Role of Instrumental Soft Tissue Mobilization and Foam Rolling in Managing Plantar Fasciitis: A Randomized Controlled Trial

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Not yet assigned

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INFORMED CONSENT FORM

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Study Title:

Effect of Instrument-Assisted Soft Tissue Mobilization and Foam Roller Therapy in Individuals with Plantar Fasciitis

Principal Investigator:

Dr. Zaheen Ahmed Iqbal

Institution:

Department of Physiotherapy, MRIIRS, Faridabad

Introduction:

You are being invited to participate in a research study that aims to evaluate the effectiveness of two physiotherapy treatments for plantar fasciitis (heel pain). Before you decide whether to participate, please read the following information carefully.

Purpose of the Study

The purpose of this study is to compare two treatment methods used in physiotherapy for plantar fasciitis: Instrument-Assisted Soft Tissue Mobilization (IASTM); Foam Roller Therapy

The study will examine their effects on pain, ankle movement, muscle strength, and foot function.

Procedures

If you agree to participate, you will be assigned to one of two treatment groups. Each group will receive a specific therapy along with stretching and strengthening exercises.

Your participation will involve:

Assessment of pain, ankle movement, muscle strength, and foot function

Participation in physiotherapy treatment sessions

Completion of questionnaires related to pain and quality of life

The treatment program will last approximately 3 weeks.

Risks and Discomforts

The procedures used in this study are commonly used in physiotherapy practice. Some participants may experience mild discomfort, temporary soreness, or fatigue during or after treatment.

Benefits

You may experience improvement in pain, mobility, and foot function. The results of this study may also help improve treatment methods for individuals with plantar fasciitis in the future.

Confidentiality

All information collected during this study will be kept confidential. Your personal identity will not be revealed in any reports or publications resulting from this research.

Voluntary Participation

Your participation in this study is completely voluntary. You may refuse to participate or withdraw from the study at any time without any penalty or loss of benefits.

Contact Information

If you have any questions about the study, you may contact:

Principal Investigator:

Dr. Zaheen Ahmed Iqbal

Consent Statement

I have read and understood the information provided above. I have had the opportunity to ask questions and received satisfactory answers. I voluntarily agree to participate in this research study.

Participant Name: _____

Signature: _____

Date: _____

Researcher Signature: _____

Date: _____