Specific Question:
In Patients over the age of 40 with plantar fasciopathy, is wearing a night splint nightly for 3 months effective in reducing pain when compared to exercise therapy?

Clinical bottom line

The search revealed no evidence to answer this question or inform a change in practice. Further research is required.

Why is this important?

Plantarfasciopathy is a condition which can cause significant heel and mid-foot pain with a negative impact on function and mobility. Patients who have had a history of plantarfasciopathy are sometimes given a night splint to wear nightly for a sustained period to reduce pain from the plantar fascia (under surface of the foot). It is uncertain at present whether this provides any benefit in reducing pain when compared to standard stretches and exercises commonly given for this condition.

Search timeframe (e.g. 2005-2015)

Inclusion Criteria

<table>
<thead>
<tr>
<th>Description</th>
<th>Search terms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Population and Setting</td>
<td>Age &lt; 40</td>
</tr>
<tr>
<td>Diagnosis of or Plantar fasciopathy or Plantar fasciitis or Policeman’s heel or Jogger’s heel</td>
<td></td>
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<tr>
<td>Intervention or Exposure</td>
<td>Wearing of a night splint nightly for 3 months</td>
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<tr>
<td>Night splint or Strasberg sock or Strasburg sock or Resting splint or</td>
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CAT Leads:
Dean Peer, Email: Dean.peer@nhs.net
Michele Evans Email: Michele.Evans2@nhs.net

Date CAT completed: 02/02/2017
Review date 02/02/2020
<table>
<thead>
<tr>
<th>Comparison, if any</th>
<th>Plantar fascia sock or Foot-drop splint or Tension night splints or Dorsiflexion not Shock wave</th>
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</thead>
<tbody>
<tr>
<td>Outcomes of interest</td>
<td>Reduction in pain e.g determined by visual analogue scale (VAS) Pain or pain management or discomfort or treatment outcomes.</td>
</tr>
<tr>
<td>Types of studies</td>
<td>RCT’s and SR’s</td>
</tr>
</tbody>
</table>

**Routine Databases Searched**

Cochrane Systematic Reviews, Medline, CINAHL, Embase, AMED, HMIC, Health Business Elite, PubMed, Other databases: NICE Evidence, UK Duets

**Date of search**  24/11/2015

**Results of the search**

38 Unique studies downloaded → 2 potentially relevant → 2 studies excluded. Neither study answered the research question

**CAT Leads:**
Dean Peer, Email: Dean.peer@nhs.net
Michele Evans, Email: Michele.Evans2@nhs.net

**Date CAT completed:** 02/02/2017
**Review date:** 02/02/02020
Summary

This CAT did not find any published RCTs or Systematic Reviews to answer this question.

Implications for Practice/research

Further research is needed to understand whether the use of night splints in patients over 40 years would be more beneficial than physiotherapy exercises in providing pain relief. Local audits of clinical outcomes are recommended.

What would you tweet? (140 characters)

Are night splints better than exercise for treating plantarfasciopathy pain? No evidence was found and more research is needed.