

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?

Plantar fasciopathy 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 plantar fasciopathy 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

	Description	Search terms
Population and Setting	Age < 40	Diagnosis of or Plantar fasciopathy or Plantar fasciitis or Policeman's heel or Jogger's heel
Intervention or Exposure	Wearing of a night splint nightly for 3 months	Night splint or Strasberg sock or Strasburg sock or Resting splint or

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Getting Evidence into Clinical Practice:
Musculoskeletal Research Facilitation Group (CAT Group)
Date: 02/02/2017

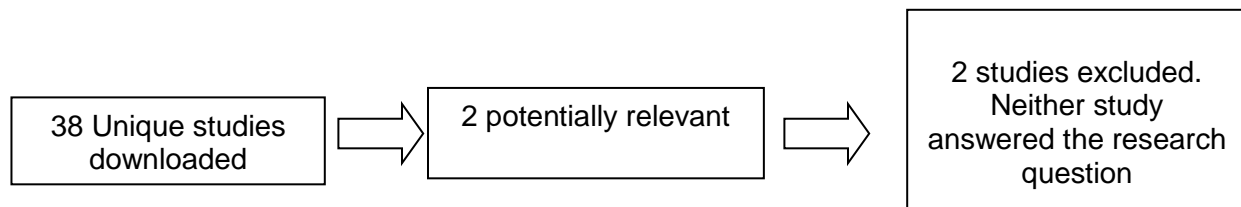
		Plantar fascia sock or Foot-drop splint or Tension night splints or Dorsiflexion not Shock wave
Comparison, if any	Exercise therapy or stretches or Eccentric loading	
Outcomes of interest	Reduction in pain e.g determined by visual analogue scale (VAS)	Pain or pain management or discomfort or treatment outcomes.
Types of studies	RCT's and SR's	

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



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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 plantar fasciopathy pain? No evidence was found and more research is needed.

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