

Table 2. Characteristics of included studie – Oefentherapie Fasciopathie Plantaris

RCT (author, year, country)	Intervention	Participants (number, age, sex, duration of symptoms) Results	Control	Participants (number, age, sex, duration of symptoms)	Outcome measures	Follow-up	Risk of bias (per outcome measure)*	Remarks
Radford (2007) Australia	Calf stretching in standing on a wooden stretching wedge, at least 5 min a day for 14 days with sham ultrasound	<u>N at baseline:</u> 46 <u>Age (mean ± sd)</u> 50.7 ± 11.8 <u>Sex:</u> 32.6% male <u>Duration of symptoms:</u> (median; range) 13; 4 to 61 months	Placebo (sham ultrasound)	<u>N at baseline:</u> 46 <u>Age (mean ± sd)</u> 50.1 ± 11.0 <u>Sex:</u> 45.7% male <u>Duration of symptoms:</u> (median; range) 13; 3 to 121 months	Pain (VAS); scale 0–100 Function (FHSQ); scale 0-100	Baseline, 2 weeks	Some concerns (all outcome measures)	10 participants in the stretching group experienced adverse events (mostly mild to moderate and short-lived)
Hyland (2006) USA	Passive calf and plantar fascia stretching, 30 s for 3 times. 2 sessions in 4 days	<u>N at baseline:</u> 10 <u>Age (mean ± sd)</u> 34.1 ± 5.9 <u>Sex:</u> 80% male	Placebo (no treatment)	<u>N at baseline:</u> 10 <u>Age (mean ± sd)</u> 37.6 ± 10.1 <u>Sex:</u> 30% male	Pain (VAS); scale 0-10 Function (PSFS): scale 0-10	Baseline, 1 week	Some concerns (all outcome measures)	Additional arms (calcaneal taping & sham taping) not included

		<u>Duration of symptoms:</u> not reported		<u>Duration of symptoms:</u> not reported				
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**For further details, see risk of bias table in the appendix*