

## Enrollment

Assessed for eligibility (n= 474)

Excluded (n=337)

- Not meeting inclusion criteria (n=320)
- Declined to participate (n=17)
- Other reasons (n=0)

Randomized (n=154)

## Allocation

Allocated to sham orthoses intervention (n=79)

*Measuring foot posture index, lunge test, plantar pressure during habitual walking with and without orthoses, and self-report Foot Health Status Questionnaire*

Allocated to CFO intervention (n=75)

*Measuring foot posture index, lunge test, plantar pressure during habitual walking with and without orthoses, and self-report Foot Health Status Questionnaire*

## Follow-Up

Lost to follow-up (n=0)

*3 months follow-up: Measuring plantar pressure during habitual walking with and without orthoses, and self-report Foot Health Status Questionnaire*

Lost to follow-up (n=0)

*3 months follow-up: Measuring plantar pressure during habitual walking with and without orthoses, and self-report Foot Health Status Questionnaire*

## Analysis

Analysed (n=79)

- Excluded from analysis (n=0)

*Re-analyzed for assessing the association of plantar loading and pain relief post intervention*

Analysed (n=73)

- Excluded from analysis due to noisy plantar pressure data (n=1) or unrecorded plantar pressure (n=1)

*Re-analyzed for assessing the association of plantar loading and pain relief post intervention*