

Online supplementary appendix 2. Definitions of intervention categories in the meta-analysis

| Term | Definition |
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| Customised foot orthosis | A foot orthosis fabricated from a cast, scan or impression of a patient's foot based on a prescription. |
| Firm prefabricated foot orthosis | A foot orthosis manufactured to a standard size and shape, without customisation to the patient. Materials include hard plastics (such as polypropylene) or high-density foams (such as polyethylene or ethyl vinyl acetate) with a Shore-A durometer <i>equal to, or greater</i> than 50. |
| Soft prefabricated foot orthosis | A foot orthosis manufactured to a standard size and shape, without customisation to the patient. Materials include either soft materials (such as silicone) or low-density foams with a Shore-A durometer <i>less</i> than 50. |
| Sham foot orthosis | An insert designed to offer minimal support in terms of arch contour, alteration of joint alignment or plantar pressure re-distribution. |
| Non-cast foot orthosis | A foot orthosis fabricated from any material and customised to the patient (which will utilise a prescription), however no impression, scan or cast of the patient's foot is used. |
| Heel cup | A device that provides cushioning to the heel, with the addition of medial and lateral flanges that surround the calcaneus. The device does not extend to the plantar arch or provide any arch support. |
| Heel pad | A device that provides cushioning to the heel. The device does not extend to the plantar arch or provide any arch support. |