

### Online supplementary appendix 3. Descriptive characteristics of trials included in the review

Trial	Intervention	Comparator	Co-interventions	Total participants (% female)	Participants per group		Mean age (years)	Mean BMI (kg/m <sup>2</sup> )	Primary pain outcome measure (range)	Trial duration
					Intervention	Comparator				
Abd El Salam (2011)[37]	Firm prefabricated foot orthosis	Low-Dye taping	Nine physical therapy sessions per week for 3 weeks consisting of therapeutic ultrasound to the plantar surface of both feet, stretching of calf muscles (5 reps holding for 30 seconds)	30 (23)	15	15	52.8	30.1	VAS (0 = no pain, 10 = intractable pain)	3 weeks
Baldassin (2009)[38]	Customised foot orthosis	Soft prefabricated foot orthosis	None reported	142 (75)	72	72	47.3	28.6	Pain subscale of the modified FFI (0 = no pain, 100 = greatest pain)	8 weeks
Caselli (1997)[39]	Soft prefabricated foot orthosis + magnetic foil	Soft prefabricated foot orthosis	None reported	40 (55)	19	15	43.0	NR	Pain subscale of the FFI (0 = no pain, 100 = greatest pain)	4 weeks
Dimou (2004)[40]	Customised foot orthosis	Chiropractic manipulation + Achilles tendon stretches	None reported	20 (35)	10	10	42.3	NR	Numeric pain rating scale 101 (0 = no pain, 100 = pain as bad as it could be)	8 weeks
Kavros (2005)[41]	Firm prefabricated foot orthosis	Ankle brace	Achilles tendon and plantar fascia stretches	50 (82)	25	25	Range 25-63	NR	Pain subscale of the FFI (0 = no pain, 100 = greatest pain)	12 weeks

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Landorf (2006)[26]	Customised foot orthosis	Firm prefabricated foot orthosis	None reported	136 (65)	46	44	48.4	30.9	FHSQ (100 = no pain, 0 = worst pain)	12 months
		Sham foot orthosis				46				
Lynch (1998)[42]	Customised foot orthosis	Corticosteroid injection + NSAID	None reported	85 (NR)	28	31	49.0	33.0	VAS (0 = no pain, 10 = severe pain)	12 weeks
		Heel cup				26				
Malkoc (2014)[43]	Soft prefabricated foot orthosis	Heel pad	Plantar fascia stretches + NSAIDs	75 (74)	35	40	47.9	NR	VAS (no other information provided)	Average 9 months
Martin (2001)[44]	Customised foot orthosis	Firm prefabricated orthosis	None reported	255 (76)	71	62	47.3	31.6	VAS (0 = no pain, 10 = severe pain)	12 weeks
		Night splint				60				
Oliveira (2015)[25]	Customised foot orthosis	Sham foot orthosis	None reported	74 (89)	37	37	50.5	29.4	VAS (0 = no pain, 10 = unbearable pain)	6 months
Pfeffer (1999)[45]	Customised foot orthosis	No additional treatment	Achilles tendon and plantar fascia and stretches	200 (67)	34	39	Median 47.4	Median 28.1	Pain subscale of the FFI (0 = no pain, 100 = greatest pain)	8 weeks
	Heel pad	Felt insert			42	42				
	Heel cup					43				
Rome (2004)[46]	Firm prefabricated foot orthosis	Soft prefabricated foot orthosis	Achilles tendon and plantar fascia stretches	48 (60)	22	22	59.9	30.4	Pain subscale of the FHSQ (100 = no pain, 0 = worst pain)	8 weeks
Roos (2006)[47]	Customised foot orthosis	Customised foot orthosis + night splint	None reported	43 (79)	13	15	46.0	NR	FAOS (0 = worst, 100 = best)	12 weeks
		Night splint				15				

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Turlik (1999)[48]	Customised foot orthosis	Heel pad	Plantar fascia stretches	60 (67)	25	30	45.0	NR	First step pain intensity (1 = not at all, 5 = extremely)	12 weeks
Vicenzino (2015)[49]	Firm prefabricated foot orthosis	Contoured sandal	None reported	150 (67)	51	49	50.6	NR	NPRS (0 = no pain, 10 = worst pain imaginable)	12 weeks
		Flat flip-flop				50				
Walther (2013)[50]	Firm prefabricated foot orthosis	Soft prefabricated foot orthosis	None reported	30 (70)	10	10	53.1	28.1	VAS (0 = no pain or discomfort, 100 = maximal pain or discomfort)	3 weeks
		Sham foot orthosis				10				
Winemiller (2003)[51]	Soft prefabricated foot orthosis + magnetic foil	Soft prefabricated foot orthosis	None reported	101 (78)	57	44	41.2	NR	VAS (0 – 10)	8 weeks
Wrobel (2015)[27]	Customised foot orthosis	Firm prefabricated foot orthosis	Achilles tendon stretches + new runners + ice massage	77 (63)	25	21	49.6	31.8	FFI (0 = no pain, 100 = greatest pain)	12 weeks
		Sham foot orthoses				23				
Yucel (2013)[52]	Soft prefabricated foot orthosis	Corticosteroid injection	None reported	44 (80)	20	20	46.4	30.0	VAS (0 = no pain, 10 = incredibly severe pain)	4 weeks

Abbreviations: NR, not reported; BMI, body mass index; VAS, visual analogue scale; FFI, Foot Function Index; FHSQ, Foot Health Status Questionnaire; NSAIDs, non-steroidal anti-inflammatory drugs; MFPDQ, Manchester Foot Pain and Disability Questionnaire; FAOS, Foot and Ankle Outcome Score; NPRS, numerical pain rating scale.