

Online supplementary appendix 7. Results of single trials that investigated function

Comparison	Intervention		Comparator		Outcome measure	Mean difference (95% CI)
	Mean function (SD) ^a	Sample size	Mean function (SD)	Sample size		
Short term function						
Customised foot orthosis vs sham foot orthosis[25]	-79.9 (15.3)	37	-70.6 (19.0)	37	FHSQ – function subscale	-9.3 (-17.2 to -1.4)
Customised foot orthosis vs night splint[47]	-75.0 (18.0)	13	-78.0 (14.0)	13	FAOS – activities of daily living subscale	3.0 (-9.4 to 15.4)
Firm prefabricated foot orthosis vs soft prefabricated foot orthosis[46]	-71.0 (19.3)	22	-71.0 (27.7)	13	FHSQ – function subscale	0.0 (-17.1 to 17.1)
Firm prefabricated foot orthosis vs contoured sandal[49]	-65.0 (27.3)	51	-67.0 (16.5)	49	LEFS	2.0 (-6.8 to 10.8)
Firm prefabricated foot orthosis vs flat flip-flop[49]	-65.0 (27.3)	51	-63.0 (27.0)	50	LEFS	-2.0 (-12.6 to 8.6)
Soft prefabricated foot orthosis vs corticosteroid injection[52]	-64.8 (6.3)	20	-74.6 (7.9)	20	FAOS – activities of daily living subscale	9.8 (5.4 to 14.2)
Medium term function						
Customised foot orthosis vs night splint[47]	-76.0 (24.0)	13	-75.0 (15.0)	15	FAOS – activities of daily living subscale	-1.0 (-16.1 to 14.1)
Firm prefabricated foot orthosis vs soft prefabricated foot orthosis[46]	-74.0 (25.4)	22	-71.0 (30.7)	13	FHSQ – pain subscale	-3.0 (-22.8 to 16.8)
Firm prefabricated foot orthosis vs contoured sandal[49]	-71.5 (34.0)	51	-70.0 (16.4)	49	LEFS	-1.5 (-11.9 to 8.9)
Firm prefabricated foot orthosis vs flat flip-flop[49]	-71.5 (34.0)	51	-68.0 (27.1)	50	LEFS	-3.5 (-15.9 to 8.9)
Longer term function						
Customised foot orthosis vs firm prefabricated foot orthosis[26]	-90.2 (17.8)	46	-89.5 (19.0)	44	FHSQ – function subscale	0.7 (-8.3 to 6.9)
Firm prefabricated foot orthosis vs sham foot orthosis[26]	-89.5 (19.0)	44	-87.8 (20.6)	45	FHSQ – function subscale	-1.7 (-9.9 to 6.5)

Comparison	Intervention		Comparator		Outcome measure	Mean difference (95% CI)
	Mean function (SD) ^a	Sample size	Mean function (SD)	Sample size		
Soft prefabricated foot orthosis vs heel pad[43]	83.0 (15.1)	35	83.4 (14.9)	40	FAAM – daily activity subscale	-0.4 (-6.4 to 7.2)

Abbreviations: SD, standard deviation; CI, confidence interval; FHSQ, Foot Health Status Questionnaire; FAOS, Foot and Ankle Outcome Score; LEFS, Lower Extremity Function Scale; FAAM, Foot and Ankle Ability Measure.

^a Negative values indicate outcome measures where higher scores represent improved function.

^b Negative mean difference values indicate that the effect size favours the intervention. A positive value favours the comparator.