

Supplementary file 1. Self-reported treatment effectiveness measured by the Patient Impression of Change.

Time point (weeks)	Heel lifts group*	Eccentric exercise group*	RR [‡]	P-value	ABI (%)	NNT-B [‡]
<i>Pain[†]</i>						
2	12/41 (29.3)	8/43 (18.6)	1.57 (0.72 to 3.45)	-	10.7 (-7.6 to 28.2)	9 (-13 to 4)
6	20/37 (54.1)	12/32 (37.5)	1.44 (0.84 to 2.47)	-	16.6 (-6.8 to 37.4)	6 (-15 to 3)
12	31/40 (77.5)	22/40 (55.0)	1.41 (1.02 to 1.95)	0.039	22.5 (1.8 to 40.8)	4 (56 to 2)
<i>Function[†]</i>						
2	12/41 (29.3)	6/43 (14.0)	2.10 (0.87 to 5.07)	-	15.3 (-2.3 to 32.2)	7 (-42 to 3)
6	18/37 (48.6)	12/32 (37.5)	1.30 (0.74 to 2.26)	-	11.1 (-11.8 to 32.4)	9 (-8 to 3)
12	28/40 (70.0)	18/40 (45.0)	1.56 (1.04 to 2.32)	0.030	25.0 (3.4 to 43.6)	4 (30 to 2)

Abbreviations: RR, Relative risk. ABI, Absolute benefit increase. NNT-B, Number needed to treat to benefit. The heel lifts group was considered the experimental group for all calculations. *Values are expressed as event rate (%) for each group. †Participants rated improvement on a 7-point Likert scale of perception of treatment effectiveness, which was dichotomised according to 'treatment effectiveness', where 'treatment effectiveness' was defined as 'much improved' or 'very much improved', which were the two best scores on the scale. ‡Values in parentheses represent the 95% confidence interval.