

**Supplementary file 3.** Self-reported use of recue medication and co-interventions.

Time point (weeks)	Heel lifts group*	Eccentric exercise group*	RR <sup>†</sup>	P-value	ARR (%)
1 to 2	0/41 (0.0)	2/43 (4.7)	UTD	-	4.7 (-4.5 to 15.5)
3 to 6	1/37 (2.7)	1/32 (3.1)	0.86 (0.06 to 13.28)	-	0.4 (-11.0 to 13.2)
7 to 12	0/40 (0.0)	3/39 (7.7)	UTD	UTD	7.7 (-2.4 to 20.3)

Abbreviations: RR, Relative risk. ARR, Absolute risk reduction. UTD, Unable to determine. The heel lifts group was considered the experimental group for all calculations. \*Values are expressed as event rate (%) for each group. †Values in parentheses represent the 95% confidence interval.