

**Supplementary tables**

Table 1: Concomitant treatment

Table 2: Physical activity levels

Table 3: Deteriorations

<b>Table 1: Concomitant treatment according to project diaries</b>										
	<b>None</b>	<b>Pain medication</b>	<b>Manual treatment</b>	<b>Tape</b>	<b>Acupuncture</b>	<b>Stretching</b>	<b>Resistance training</b>	<b>Zone therapy</b>	<b>Laser</b>	<b>Ice</b>
<b>Frequency</b>										
<b>PA</b>	18	11	3	1	1	2	1	0	0	0
<b>PAX</b>	21	10	4	0	1	2	0	1	1	0
<b>PAXI</b>	21	6	3	1	0	0	0	0	0	1
<b>%</b>										
<b>PA</b>	56	34	9	3	3	6	3	0	0	0
<b>PAX</b>	62	29	12	0	3	6	0	3	3	0
<b>PAXI</b>	68	19	10	3	0	0	0	0	0	3

<b>Table 2: Proportion of time spent performing physical activity at different intensities</b>					
<b>Time / Activity</b>	<b>%Sedentary Mean (SD)</b>	<b>%Light Mean (SD)</b>	<b>%Moderate Mean (SD)</b>	<b>%Vigorous Mean (SD)</b>	<b>%Very vigorous Mean (SD)</b>
<b>PA</b>					
<b>Week 1-3 (n=52)</b>	46.8 (7.4)	33.4 (4.4)	18.7 (6.3)	1.0 (1.1)	0.1 (0.2)
<b>Week 13-15 (n=27)</b>	47.8 (6.3)	32.5 (4.2)	18.8 (6.5)	0.8 (0.7)	0.1 (0.4)
<b>PAX</b>					
<b>Week 1-3 (n=50)</b>	44.2 (10.8)	35.0 (5.8)	19.6 (8.2)	1.1 (1.0)	0.1 (0.3)
<b>Week 13-15 (n=27)</b>	41.6 (9.6)	36.3 (5.4)	20.4 (7.0)	1.6 (1.6)	0.1 (0.2)
<b>PAXI</b>					
<b>Week 1-3 (n=53)</b>	43.5 (7.7)	34.8 (6.3)	20.3 (6.9)	1.2 (1.0)	0.1 (0.2)
<b>Week 13-15 (n=29)</b>	41.7 (9.2)	36.4 (6.5)	20.4 (6.3)	1.4 (1.1)	0.1 (0.2)

<b>Table 3: The number of deteriorations according to decreases in Foot Health Status Questionnaire pain or changing Patient Acceptable Symptom State status</b>			
	<b>PA</b>	<b>PAX</b>	<b>PAXI</b>
<b>4 to 12 weeks</b>	3	5	4
<b>12 to 26 weeks</b>	3	5	6
<b>26 to 52 weeks</b>	2	7	5