

Supplemental Material

Table 1. Results of **within-group** statistical comparisons over time.

	Group A – active intervention			Group B – placebo intervention		
	Baseline- 30 days p-value (Effect size)	Baseline - 60 days p-value (Effect size)	Baseline -90 days p-value (Effect size)	Baseline - 30 days p-value (Effect size)	Baseline - 60 days p-value (Effect size)	Baseline - 90 days p-value (Effect size)
Visual analogue scale	0.004* (0.289)	0.001* (0.314)	<0.001* (0.447)	0.067	0.022* (0.309)	0.288
Foot pain days	0.020+ (0.466)	0.013+ (0.509)	0.006+ (0.547)	0.372	0.042+ (0.455)	0.040+ (0.439)
Pain FFI	0.001* (0.274)	0.001* (0.293)	<0.001* (0.417)	0.515	0.107	0.299
Disability FFI	<0.001* (0.267)	0.006+ (0.528)	0.002+ (0.576)	0.054	0.003* (0.252)	0.051
Activity limitation FFI	0.004+ (0.551)	0.002+ (0.599)	0.001+ (0.624)	0.999	0.131	0.062
Total FFI	<0.001* (0.284)	<0.001+ (0.719)	<0.001* (0.303)	0.183	0.011+ (0.528)	0.053
Total MFPDI	0.133	0.097	0.01*(0.486)	0.379	0.081	0.281

FFI: Foot Function Index; MFPDI: Manchester Foot Pain and Disability Index

* T-test for related samples (Cohen's *d*)

+ Wilcoxon's signed-rank test for related samples (Rosenthal's *r*)

