Recruitment mail-out from database

Telephone screening

Baseline assessment

Participants randomised

Exclusion based on eligibility criteria

Control group
- usual podiatry care

Intervention group
- usual podiatry care
- footwear advice
- new footwear
- foot orthoses
- exercise program
- falls education

6 month follow-up assessment of secondary outcome measures

12 month follow-up assessment of primary outcome measures
(monthly falls diaries)

**Figure 1** - Design of study.