1. Telephone screening

- Ineligible
  - Fail inclusion criteria
  - Meet exclusion criteria

2. X-ray and clinical screening

- Ineligible
  - Fail inclusion criteria
  - Meet exclusion criteria

3. **0 weeks** Consent, baseline assessment and randomisation (n=200)

4. Lateral wedged insoles

5. Control flat insoles

6. **Monthly** Logbooks posted back to blinded assessor

7. **12 months** Final assessment