Baseline outcome measures (Blinded Assessor)

Randomisation (Queensland Clinical Trial Centre)

- Foot orthoses (n=44)
- Flat inserts (n=44)
- Physiotherapy (n=44)
- Foot orthoses & Physiotherapy (n=44)

6-week intervention (Project Physiotherapist)
Home exercise program

6 week outcome measures (Blinded Assessor)

Home exercise program

12 week outcome measures (Blinded Assessor)

Home exercise program

FINAL FOLLOW-UP: 52 week outcome measures (Blinded Assessor)