Assessed for eligibility (n= 474)

Excluded  (n=337)
- Not meeting inclusion criteria (n=320)
- Declined to participate (n=17)  
  Other reasons (n=0)

Randomized (n=154)

Allocation

Allocated to sham orthoses intervention (n=79)
Measuring foot posture index, lunge test, plantar pressure during habitual walking with and without orthoses, and self-report Foot Health Status Questionnaire

Allocated to CFO intervention (n=75)
Measuring foot posture index, lunge test, plantar pressure during habitual walking with and without orthoses, and self-report Foot Health Status Questionnaire

Follow-Up

Lost to follow-up (n=0)
3 months follow-up: Measuring plantar pressure during habitual walking with and without orthoses, and self-report Foot Health Status Questionnaire

Analysis

Analysed (n=79)
- Excluded from analysis (n=0)

Re-analyzed for assessing the association of plantar loading and pain relief post intervention

Analysed (n=73)
- Excluded from analysis due to noisy plantar pressure data (n=1) or unrecorded plantar pressure (n=1)

Re-analyzed for assessing the association of plantar loading and pain relief post intervention