**Supplementary file 1.** Adherence to interventions during the study.

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| --- | --- | --- | --- | --- | --- | --- |
|  |  | Total hours inserts worn in past 4 weeks | |  | Number of days rehabilitation therapy performed in past 4 weeks | |
| Time-point |  | Sham insert group (n=51) | Shoe-stiffening insert group (n=49) |  | Sham insert group (n=51) | Shoe-stiffening insert group (n=49) |
| 4 weeks |  | 178.8 (93.5) | 176.5 (96.9) |  | 22.6 (6.0) | 23.0 (5.6) |
| 8 weeks |  | 179.8 (92.8) | 146.2 (102.0) |  | 20.0 (6.1) | 20.3 (7.4) |
| 12 weeks |  | 179.9 (96.8) | 155.3 (107.2) |  | 19.1 (7.0) | 18.6 (7.7) |
| 16 weeks |  | 171.1 (105.9) | 161.3 (102.7) |  | 15.1 (6.3) | 14.0 (6.9) |
| 20 weeks |  | 159.9 (101.5) | 161.2 (111.6) |  | 12.2 (6.1) | 12.4 (7.5) |
| 24 weeks |  | 150.9 (102.9) | 139.8 (110.6) |  | 12.2 (6.7) | 11.5 (6.7) |
| 28 weeks |  | 141.2 (104.7) | 139.0 (113.4) |  | 12.2 (6.2) | 11.5 (6.7) |
| 32 weeks |  | 128.4 (97.0) | 151.5 (120.6) |  | 10.3 (6.2) | 11.2 (7.2) |
| 36 weeks |  | 138.5 (103.8) | 135.6 (114.1) |  | 10.4 (6.7) | 10.7 (7.0) |
| 40 weeks |  | 145.2 (101.1) | 126.9 (108.8) |  | 10.9 (6.5) | 9.6 (6.3) |
| 44 weeks |  | 146.6 (103.9) | 124.6 (114.8) |  | 10.4 (5.5) | 9.6 (7.0) |
| 48 weeks |  | 141.6 (106.3) | 121.9 (113.4) |  | 10.9 (6.6) | 8.3 (6.8) |
| 52 weeks |  | 136.8 (107.8) | 120.0 (118.4) |  | 10.4 (5.5) | 7.5 (6.1) |
| Total |  | 2,027.1 (1,102.7) | 1,924.2 (1,224.3) |  | 181.2 (64.9) | 175.7 (59.7) |