**Supplemental Table 3.** A league table of percentage differences in SEBT-PM scores with 95% CIs

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Wait-and-see |  |  |  |  |  |
| 8.9 (-2.6 to 20.4); p = 0.13 | Insoles + bracing |  |  |  |  |
| 3.1 (-4.3 to 10.4); p = 0.41 | -5.8 (-17.8 to 6); p = 0.34 | Insoles |  |  |  |
| 7.5 (-1 to 15.9); p = 0.08 | -1.4 (-13.3 to 10.3); p = 0.84 | 4.4 (-5.5 to 14.2); p = 0.39 | Bracing |  |  |
| 2 (-3.4 to 7.5); p = 0.48 | -6.9 (-19.6 to 5.8); p = 0.29 | -1.1 (-10.2 to 8.1); p = 0.82 | -5.4 (-15.5 to 4.6); p = 0.3 | Taping |  |
| 0.7 (-6.4 to 7.6); p = 0.85 | -8.3 (-21.7 to 5.2); p = 0.23 | -2.4 (-12.6 to 7.7); p = 0.66 | -6.8 (-17.8 to 4.1); p = 0.22 | -1.4 (-7.5 to 4.7); p = 0.47 | Placebo |

These data demonstrate that no changes were observed when the quality of the included trials was accounted for; the reported changes did not exceed the established minimal detectable change of 13.6% for clinical relevance; SEBT-PM = Star Excursion Balance Test – posteromedial.