**Appendix 1. Search strategies**

Embase *via embase.com* searched in Dec 4, 2017

#1. random\*:ab,ti

#2. factorial\*:ab,ti

#3. crossover\*:ab,ti

#4. placebo\*:ab,ti

#5. control\*:ab,ti

#6. trial\*:ab,ti

#7. group\*:ab,ti

#8. 'crossover procedure'/exp

#9. 'single blind procedure'/exp

#10. 'double blind procedure'/exp

#11. 'randomized controlled trial'/exp

#12. #1 or #2 or #3 or #4 or #5 or #6 or #7 or #8 or #9 or #10 or #11

#13. 'plantar fasciitis'/exp/mj

#14. 'plantar fasciitis':ab,ti

#15. 'heel spur syndrome':ab,ti

#16. 'fasciitis, plantar, chronic':ab,ti

#17. 'chronic plantar fasciitis':ab,ti

#18. 'fasciitis, chronic plantar':ab,ti

#19. 'plantar fasciitis, chronic':ab,ti

#20. 'heel pain':ab,ti

#21. 'calcaneodynia':ab,ti

#22. 'plantar heel pain':ab,ti

#23. 'plantar fasciopathy':ab,ti

#24. 'heel spur':ab,ti

#25. 'painful heel':ab,ti

#26. 'plantar fasciosis':ab,ti

#27. #13 or #14 or #15 or #16 or #17 or #18 or #19 or #20 or #21 or #22 or #23 or #24 or #25 or #26

#28. #12 and #27