Participant Flow

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                    │ Participants (recruited and randomized; n = 50) │
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Participants (recruited and randomized; n = 50)

Group 1 – stretching of the Achilles tendon (n = 25)
-Withdrawals (n=0)
-Responders (n=25)
-Non-responders (n=0)

Group 2 – simultaneous stretching of the Achilles tendon and the plantar fascia (n = 25)
-Withdrawals (n=0)
-Responders (n=25)
-Non-responders (n=0)

4th week intervention
-Withdrawals (n=0)
-Responders (n=25)
-Non-responders (n=0)

4th week intervention
-Withdrawals (n=0)
-Responders (n=25)
-Non-responders (n=0)

3-month follow-up
-Withdrawals (n=0)
-Responders (n=25)
-Non-responders (n=0)

3-month follow-up
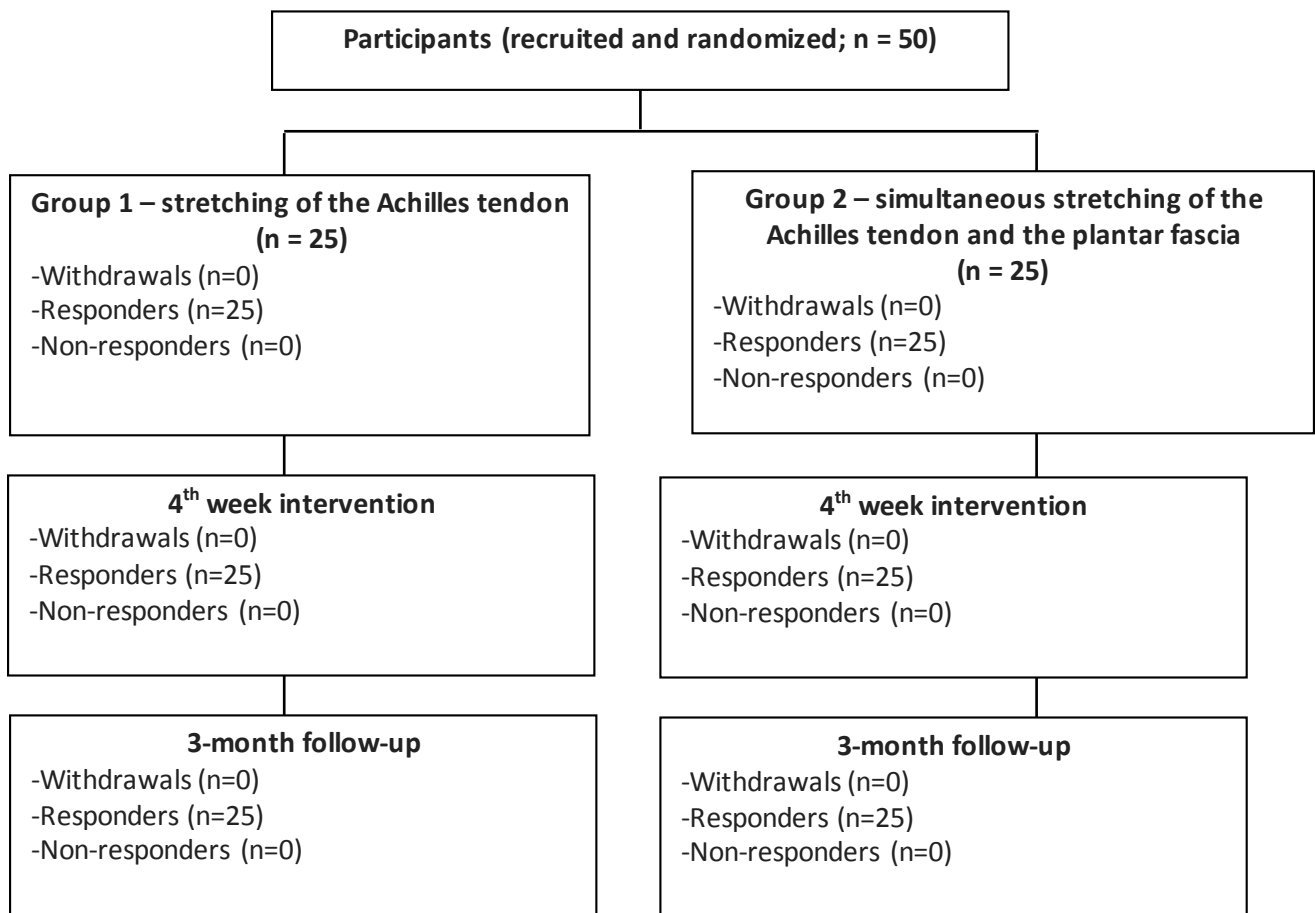-Withdrawals (n=0)
-Responders (n=25)
-Non-responders (n=0)

Baseline Characteristics

Table 1 Means (standard deviations) of participants' characteristics and outcome measures at pre-treatment (n = 50).

Variables	Group 1 (n = 25)	Group 2 (n = 25)	p-value
Gender (male/female)	10/15	8/17	-
Symptomatic side (left/right)	12/13	13/12	-
Walking duration (min/day)	120-240	120-240	-
Age (years)	49.8 (6.5)	49.7 (6.5)	.931
BMI (kg/m2)	23.7 (2.9)	23.7 (2.8)	.983
Pain duration (months)	6.0 (4.5)	8.5 (7.1)	.134
Pain intensity			
Pain at first step in the morning (NPRS 0-10)	5.4 (1.3)	5.8 (1.2)	.319
- Average pain at the medial plantar calcaneal region over the past 24 hours (VAS 0-10 cm)	4.0 (1.4)	3.9 (1.1)	.824
Pressure pain threshold (kg/cm2)	2.5 (1.3)	2.1 (0.9)	.167
Ankle range of motion (degrees)			
Dorsiflexion			
Plantarflexion	12.2 (5.1)	11.7 (4.8)	.733
	35.7 (6.9)	36.6 (6.7)	.638
Lower back range of motion (degrees)			
- Flexion			
- Extension	26.6 (9.6)	27.5 (8.0)	.796
	8.9 (4.0)	7.7 (4.6)	.327
VAS-FA	81.8 (1.1)	82.6 (4.4)	.635

BMI = body mass index, VAS-FA = visual analogue scale foot and ankle score

Outcome Measures

Table 2. Return and completion rate at 4th week intervention and 3-month follow up of both groups

Outcome Measures	4th week intervention		3-month follow up	
	Return rate n/N (%)	Completion rate rate x/n (%)	Return rate n/N (%)	Completion rate rate x/n (%)
1. Pain intensity **Pain at first step in the morning (NPRS 0-10)**	50/50 (100)	50/50 (100)	50/50 (100)	50/50 (100)
2. Average pain at the medial plantar calcaneal region over the past 24 hours (VAS 0-10 cm)	50/50 (100)	50/50 (100)	No assessment	No assessment
3. Pressure pain threshold (kg/cm2)	50/50 (100)	50/50 (100)	No assessment	No assessment
4. Ankle range of motion (degrees)				
-Dorsiflexion	50/50 (100)	50/50 (100)	No assessment	No assessment
-Plantarflexion	50/50 (100)	50/50 (100)		
5. Lower back range of motion (degrees)				
- Flexion	50/50 (100)	50/50 (100)	No assessment	No assessment
- Extension	50/50 (100)	50/50 (100)		
6. VAS-FA	50/50 (100))	50/50 (100)	50/50 (100)	50/50 (100)

Table 3. Means (standard deviations) of the pretreatment and the posttreatment data at 4th week and the results of the two-way ANOVAs of within-group, between-group, and interaction effects (n = 50)

Outcome measures/Group	Within-group effects (post-pre)	p-value	Between-group effects (Groups 2-1)	p-value	Interaction p-value
Pain at first step in the morning					
Group 1	-3.4 (0.2)	<0.001*	-0.2 (0.3)	0.418	0.115
Group 2	-4.0 (0.2)	<0.001*			
Pressure pain threshold (kg/cm2)					
Group 1	1.8 (0.4)	<0.001*	0.4 (0.6)	0.288	0.003#
Group 2	3.5 (0.4)	<0.001*			
Ankle dorsiflexion (degrees)					
Group 1	3.4 (0.6)	<0.001*	-0.2 (1.2)	0.848	0.752
Group 2	3.6 (0.6)	<0.001*			
Ankle plantarflexion (degrees)					
Group 1	3.8 (1.5)	0.016†	-2.2 (1.6)	0.168	0.157
Group 2	0.7 (1.5)	0.640			
Lumbar flexion					
Group 1	0.9 (1.1)	0.383	0.4 (2.4)	0.868	0.493
Group 2	2.0 (1.1)	0.069			
Lumbar extension					
Group 1	0.03 (0.4)	0.948	-0.3 (1.0)	0.775	0.102
Group 2	1.0 (0.4)	0.019†			

Significance   † $p < 0.05$, # $p < 0.005$, * $p < 0.001$

Table 4. Means (standard deviations) of the pretreatment and posttreatment at 4-week and 3-month follow-up for average pain over the past 24 hours and VAS-FA as well as the results of the two-way ANOVAs of within-group, between-group, and interaction effects (n = 50)

Outcome measures/Group	Within-group effects p-value	Between-group effects p-value	Interaction p-value
Average pain over the past 24 hours	<0.001*	<0.001*	0.140
VAS-FA	<0.001*	<0.001*	0.344

Significance   * p < 0.001

Table 5. The number of participants who rated their global perceived effect in each of the 7-point scale categories at 3 months (n = 50).

Global perceive effect scale	Group 1	Group 2
1: completely recovered	7	14
2: much improved	12	10
3: slightly improved	6	1
4: no change	0	0
5: slightly worsened	0	0
6: much worsened	0	0
7: worse than ever	0	0
Total	25	25

Adverse Events

There were no adverse events associated with this study

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