Supplemental materials for:

van der Zwaard BC, van der Horst HE, Knol DL, Vanwanseele B, Elders PJ. Treatment of forefoot problems in older people: a randomized clinical trial comparing podiatric treatment with standardized shoe advice. *Ann Fam Med*. 2014;12(5):432-440.

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Supplemental Appendix 1 Original version

De schoen op het rek

De schoen in uw hand

De schoen aan uw voet



De hak is niet hoger

dan 2 vingers breed.

De schoen kan vast over de wreef met bandjes, klittenband of een veter. Een laars sluit goed aan om de enkel..



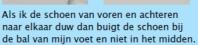


De zool is van rubber of een ander stroef materiaal.



Als ik met mijn duim hard op de achterkant van de schoen duw dan buigt deze niet te ver in.







Als ik de neus en hak van de schoen in tegengestelde richting draai dan is de schoen niet te slap.



Als ik rechtop sta is heb ik één duimbreedte over aan de voorkant van de



Tiidens het lopen schuift miin voet niet naar voren. Mijn tenen puilen niet uit aan de zijkant van de schoen.



Als ik sta dan kunnen mijn tenen nog een beetje omhoog bewegen.

Translation

The shoe on display

The height of the heel does not exceed the width of two fingers.

It is possible to tie the shoe with laces,

Velcro or straps over the instep of the foot.

A boot fits snug around the ankle.

The outer sole is made of rubber or another high friction material.

The shoe in your hand

When I press on the back of the shoe with my thumb, it only bulges slightly.

When I try to bend the shoe by pushing the the front and back of the shoe together the shoe will bend around the ball of the foot: not in the middle.

If I twist the front and the back of the shoe in opposite directions, the shoe will not be too flexible.

The shoe on your foot

I have a thumb width between my longest toe and the front of the shoe while standing.

My foot will not slide forward in the shoe during walking My toes do not protrude on the sides either

While standing, my toes have room enough to wiggle within the shoe.

Original version



Translation

Checklist in 9 steps

The best shoes are bought at the end of the day!

The shoe on display

- Is the heel not too heigh?
- Does the shoe fasten over the instep?
- Is the outer sole non slippery?

The shoe in your hand

- Is the back of the shoe sturdy?
- Does the shoe bend around the ball of the foot?
- Is the sole not too flexible?

The shoe on your foot

- Is the shoe a thumbs' width longer then your foot?
- Is the shoe wide enough without sliding forward?
- Do the toes have enough room to wiggle?

This leaflet has been developed and made possible by:

> What do you have to take notice of?

Buying good shoes

Supplemental Appendix 2

GP	Practice	Practice characteristics					
Practice	size*	Gender		Age		Allocation	
ID		Male	Female	≤74	≥75	Podiatric	Shoe
						treatment	advice
10	Medium	1	17	13	5	10	8
11	Small	3	14	13	4	11	6
12	Small	3	4	6	1	4	3
13	Medium	1	11	11	1	8	4
14	Small	1	5	6	0	2	4
15	Medium	3	6	8	1	2	7
16	Small	3	11	11	3	8	6
18	Medium	3	11	14	0	5	9
19	Medium	6	22	24	4	16	12
30	Large	3	5	6	2	3	5
31	Large	7	9	16	0	8	8
32	Medium	4	18	21	1	10	12
33	Small	1	2	3	0	2	1
40	Large	7	23	24	6	13	17
60	Small	0	1	1	0	0	1

^{*}Practice size: small is <5000 patients, medium is 5.000-10.000 patients and large is >10.000 patients