

■ SUPPLEMENTARY MATERIAL

Table a. Rehabilitation facets for plaster cast only, plaster cast followed by orthoses, and orthoses only

Facet	Plaster cast only (response 21/23)		Plaster cast followed by orthoses (response 118/124)		Orthoses only (response 34/34)
Initial cast position (n, %)					
	> 30° plantarflexion	11 (52)	> 30° plantarflexion	49 (42)	N/A
	20° to 30° plantarflexion	9 (43)	20° to 30° plantarflexion	59 (50)	N/A
	10° to 20° plantarflexion	1 (5)	10° to 20° plantarflexion	7 (6)	N/A
	Neutral (plantigrade)	0 (0)	Neutral (plantigrade)	3 (3)	N/A
Subsequent cast position (n, %)					
	Maintained plantarflexion	1 (5)	Maintained plantarflexion	14 (12)	N/A
	Moved to plantigrade	20 (95)	Moved to plantigrade	101 (86)	N/A
	Maintained in plantigrade	0 (0)	Maintained in plantigrade	3 (3)	N/A
Amount of time cast worn (wks) (n, %)					
	< 4	1 (5)	< 4	73 (62)	N/A
	5	1 (5)	5	0 (0)	N/A
	6	7 (33)	6	25 (21)	N/A
	7	0 (0)	7	2 (2)	N/A
	8	7 (33)	8	12 (10)	N/A
	9	3 (14)	9	5 (4)	N/A
	10	1 (5)	10	1 (1)	N/A
	11	1 (5)	11	0 (0)	N/A
	> 12	0 (0)	> 12	0 (0)	N/A
Weight-bearing status in cast (n, %)					
	Immediate full weight	2 (10)	Immediate full weight	9 (8)	N/A
	Delayed full weight	1 (5)	Delayed full weight	13 (11)	N/A
	Partial progressing to full	3 (14)	Partial progressing to full	19 (16)	N/A
	Partial only	1 (5)	Partial only	4 (3)	N/A
	None progressing to partial	1 (5)	None progressing to partial	15 (13)	N/A
	None progressing to full	10 (48)	None progressing to full	25 (21)	N/A
	None weight bearing	3 (14)	None weight bearing	33 (28)	N/A
Orthoses type used (n, %)					
	N/A	Rigid orthoses	65 (55)	Rigid orthoses	17 (50)
	N/A	Carbon fibre dorsum	3 (3)	Carbon fibre dorsum	0 (0)
	N/A	Adjustable CAM	50 (42)	Adjustable CAM	17 (50)
Initial foot position in orthoses (Adjustable CAM only) (°) (n, %) OR Number of heel wedges inserted (Rigid orthoses and carbon fibre dorsum only) (n, %)					
	N/A	(> 30°) plantarflexion	9 (19)	(> 30) plantarflexion	12 (71)
	N/A	(20° to 30°) plantarflexion	25 (52)	(20 to30) plantarflexion	5 (29)
	N/A	(10° to 20°) plantarflexion	7 (15)	10 to 20 plantarflexion	0 (0)
	N/A	Neutral (plantigrade)	7 (15)	Neutral (plantigrade)	0 (0)
	N/A	OR		OR	
	N/A	5 heel wedges	4 (6)	5 heel wedges	5 (29)
	N/A	4 heel wedges	12 (18)	4 heel wedges	3 (18)
	N/A	3 heel wedges	28 (41)	3 heel wedges	6 (35)
	N/A	2 heel wedges	13 (19)	2 heel wedges	3 (18)
	N/A	1 heel wedge	5 (7)	1 heel wedge	0 (0)
	N/A	Neutral	6 (9)	Neutral	0 (0)

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Facet	Plaster cast only (response 21/23)		Plaster cast followed by orthoses (response 118/124)		Orthoses only (response 34/34)
Subsequent foot position (n, %)	N/A	Maintained plantarflexion	2 (2)	Maintained plantarflexion	2 (6)
	N/A	Moved to plantigrade	95 (89)	Moved to plantigrade	32 (94)
	N/A	Maintained in plantigrade	10 (9)	Maintained in plantigrade	0 (0)
Amount of time orthoses worn for (wks) (n, %)	N/A	< 4	29 (27)	< 4	0 (0)
	N/A	5	9 (8)	5	1 (3)
	N/A	6	44 (41)	6	5 (15)
	N/A	7	0 (0)	7	1 (3)
	N/A	8	18 (17)	8	14 (41)
	N/A	9	2 (2)	9	6 (18)
	N/A	10	5 (5)	10	7 (21)
	N/A	11	0 (0)	11	0 (0)
	N/A	> 12	0 (0)	> 12	0 (0)
Weight-bearing status in orthoses (n, %)	N/A	Immediate full weight	63 (59)	Immediate full weight	26 (77)
	N/A	Delayed full weight	5 (5)	Delayed full weight	2 (6)
	N/A	Partial progressing to full	31 (29)	Partial progressing to full	4 (12)
	N/A	Partial only	1 (1)	Partial only	0 (0)
	N/A	None progressing to partial	2 (2)	None progressing to partial	0 (0)
	N/A	None progressing to full	5 (5)	None progressing to full	2 (6)
	N/A	None weight bearing	0 (0)	None weight bearing	0 (0)
Do patients remove orthoses to do exercises? (n < %)	N/A	Yes	72 (67)	Yes	13 (38)
	N/A	No	35 (33)	No	21 (62)
How often are exercises completed per day?	N/A	1	12 (17)	1	2 (15)
	N/A	2	15 (21)	2	5 (39)
	N/A	3	16 (23)	3	5 (39)
	N/A	> 3	28 (39)	3	1 (8)
Number of exercise repetitions per day (n, %)	N/A	> 5	3 (4)	> 5	0 (0)
	N/A	6 to 10	19 (27)	6 to 10	6 (46)
	N/A	11 to 15	7 (10)	11 to 15	2 (15)
	N/A	16 to 20	3 (4)	16 to 20	1 (8)
	N/A	As many as able	38 (54)	As many as able	4 (31)