

Supplementary File 2. Knee and ankle biomechanical outcomes across insole conditions.
 Values are reported as mean \pm standard deviation.

Outcome	Insole Condition		
	FLAT	WEDG	WEDG + V-ARCH
KAM peak (Nm/kg)	0.50 \pm 0.14	0.49 \pm 0.14 ^a	0.49 \pm 0.14
KAM impulse (Nm/kg•sec)	0.18 \pm 0.08	0.17 \pm 0.08 ^a	0.18 \pm 0.08
Knee frontal plane angle midstance (°) *	-2.0 \pm 5.0	-2.0 \pm 5.1	-2.1 \pm 5.1
Ankle/subtalar eversion moment peak (Nm/kg) *	-0.14 \pm 0.08	-0.17 \pm 0.08 ^a	-0.15 \pm 0.07 ^b
Ankle/subtalar eversion moment impulse (Nm/kg•sec) *	-0.04 \pm 0.02	-0.06 \pm 0.03 ^a	-0.05 \pm 0.03 ^a
Ankle/subtalar eversion angle peak (°) *	-1.7 \pm 3.8	-2.5 \pm 3.8 ^a	-3.2 \pm 4.1 ^{a,b}
Ankle/subtalar eversion excursion (°)	7.0 \pm 2.7	7.2 \pm 2.7	7.0 \pm 2.5

^a and ^b denote a significant difference from FLAT and WEDG, respectively ($p < 0.05$).

* Negative values denote knee varus and ankle/subtalar eversion.