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Title	Influence and benefits of foot orthoses on kinematics, kinetics and muscle activation during step descent task
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	<b>R/F insoles</b>	<b>C insoles</b>	<b>R insoles</b>		
	Mean (sd)	Mean (sd)	Mean (sd)	p-value	$\rho\eta^2$
<b><u>Kinematics (degrees)</u></b>					
Metatarsal to calcaneal int. rot.	-5.8 (3.3)	-6.4 (3.4)	-5.5 (3.2)	0.002	0.34
Ankle abduction	-11.0 (5.1)	-13.6 (5.6)	-11.2 (4.2)	0.003	0.32
Ankle eversion	-10.4 (5.7)	-11.3 (5.3)	-10.2 (5.3)	0.002	0.33
Hip ROM in the coronal plane	5.9 (2.4)	6.3 (2.3)	4.9 (2.0)	0.001	0.36
Hip external rotation	-6.5 (9.0)	-5.1 (9.5)	-6.8 (8.3)	0.001	0.36
Hip internal rotation	0.6 (9.1)	1.9 (9.9)	-0.2 (8.7)	0.001	0.39
Hip adduction	10.0 (3.5)	10.9 (3.0)	9.1 (3.1)	0.001	0.39
<b><u>Kinetics (Nm/kg)</u></b>					
Knee internal rotation moment	0.013 (0.022)	0.044 (0.034)	0.011 (0.021)	<0.001	0.67
Knee adduction moment	-0.449 (0.127)	-0.388 (0.112)	-0.447 (0.131)	<0.001	0.64
<b><u>EMG (% max. observed signal)</u></b>					
Abductor Hallucis peak of activation	55.8 (16.8)	69.5 (18.9)	54.5 (23.3)	0.003	0.32
Tibialis Anterior iEMG	60.9 (16.3)	58.1 (18.8)	47.8 (13.8)	0.003	0.33
Abductor Hallucis iEMG	55.1 (18.6)	73.0 (15.8)	53.2 (21.1)	0.002	0.34

Table 1: Means and standard deviations for the kinematic, kinetic and muscle activation parameters.

	<b>Comparisons</b>	<b>Mean Differences</b>	<b>p.value</b>	<b>Standard Error</b>	<b>Lower Bound</b>	<b>Upper Bound</b>
<b>Metatarsal to calcaneal internal rotation</b>	R/F to C insoles	0.6	0.029*	0.26	0.07	1.17
	R/F to R insoles	-0.3	0.201	0.21	-0.71	0.16
	R to C insoles	0.9	0.001*	0.23	0.40	1.39
<b>Ankle abduction</b>	R/F to C insoles	2.6	0.007*	0.83	0.82	4.35
	R/F to R insoles	0.1	0.801	0.55	-1.03	1.32
	R to C insoles	2.4	0.018*	0.92	0.48	4.40
<b>Ankle eversion</b>	R/F to C insoles	0.9	0.014*	0.31	0.20	1.53
	R/F to R insoles	-0.3	0.317	0.24	-0.76	0.26
	R to C insoles	1.1	0.006*	0.35	0.37	1.87
<b>Hip ROM in the coronal plane</b>	R/F to C insoles	-0.4	0.332	0.39	-1.21	0.44
	R/F to R insoles	1.0	0.007*	0.33	0.32	1.75
	R to C insoles	-1.4	0.001*	0.35	-2.16	-0.68
<b>Hip external rotation</b>	R/F to C insoles	-1.4	0.001*	0.38	-2.25	-0.63
	R/F to R insoles	0.3	0.433	0.38	-0.50	1.12
	R to C insoles	-1.7	0.007*	0.56	-2.94	-0.54
<b>Hip internal rotation</b>	R/F to C insoles	-1.3	0.023*	0.53	-2.48	-0.21
	R/F to R insoles	0.7	0.017*	0.02	0.15	1.35
	R to C insoles	-2.1	0.002*	0.00	-3.33	-0.87
<b>Hip adduction</b>	R/F to C insoles	-0.9	0.061	0.43	-1.80	0.04
	R/F to R insoles	0.9	0.042*	0.40	0.03	1.72
	R to C insoles	-1.8	<0.001*	0.38	-2.56	-0.95

Table 2: Pairwise comparisons for foot, ankle and hip kinematics between the conditions.

\* The mean difference is significant at the 0.05 level.

	<b>Comparisons</b>	<b>Mean</b>	<b>p.value</b>	<b>Standard</b>	<b>Lower</b>	<b>Upper</b>
		<b>Differences</b>		<b>Error</b>	<b>Bound</b>	<b>Bound</b>
<b>Knee internal rotation moment</b>	R/F to C insoles	0.031	<0.001*	0.01	-0.04	-0.02
	R/F to R insoles	0.003	0.364	0.00	0.00	0.01
	R to C insoles	0.034	<0.001*	0.01	-0.05	-0.02
<b>Knee adduction moment</b>	R/F to C insoles	-0.061	<0.001*	0.01	-0.02	-0.03
	R/F to R insoles	0.003	0.354	0.01	-0.02	0.01
	R to C insoles	-0.058	<0.001*	0.01	-0.07	-0.03
<b>Abductor Hallucis peak of activation</b>	R/F to C insoles	-13.7	0.013*	4,901	-24.20	-3.30
	R/F to R insoles	1.3	0.777	4,591	-8.46	11.11
	R to C insoles	-15.1	0.001*	3,848	-23.27	-6.87
<b>Tibialis Anterior iEMG</b>	R/F to C insoles	2.8	0.553	4,658	-7.10	12.75
	R/F to R insoles	13.1	<0.001*	2,354	8.05	18.09
	R to C insoles	-10.2	0.009*	3,454	-17.61	-2.89
<b>Abductor Hallucis iEMG</b>	R/F to C insoles	-17.8	0.014*	6,458	-31.61	-4.08
	R/F to R insoles	1.9	0.633	3,926	-6.45	10.28
	R to C insoles	-19.8	0.006*	6,100	-32.76	-6.76

Table 3: Pairwise comparisons for kinetics and EMG between the conditions.

\* The mean difference is significant at the 0.05 level.