

FOOTSTEP

Footwear for self-managing knee
osteoarthritis symptoms
- randomised controlled trial -



164 participants



Moderate to severe
medial tibiofemoral
knee osteoarthritis



6 hrs per day for
6 months

FLAT FLEXIBLE SHOES

- ✓ Heel height/thickness <15mm
- ✓ Shoe pitch <10mm
- ✓ Arch support/motion control - absent
- ✓ Sole flexibility - "Minimal" rigidity
- ✓ Weight ≤200 grams

VS

STABLE SUPPORTIVE SHOES

- ✓ Heel height/thickness >30mm
- ✓ Shoe pitch >10mm
- ✓ Arch support/motion control - present
- ✓ Sole flexibility - "Rigid"
- ✓ Weight >300 grams

MAIN RESULTS

No evidence was found that flat flexible shoes were superior to stable supportive shoes on walking knee pain or physical function.

Improvements in walking knee pain, knee-related quality of life and ipsilateral hip pain favoured stable supportive shoes.

Fewer participants reported adverse events with stable supportive shoes.

KEY MESSAGES

Flat flexible shoes were not superior to stable supportive shoes.

Contrary to our hypothesis, stable supportive shoes improved knee pain on walking more than flat flexible shoes.