

Additional File 1

Participant expectation and preference questionnaire

1. How do you expect your heel/foot pain to be in 6 weeks and in 6 months from now?

Please select only one
for 6 weeks and one for
6 months

	A very great deal worse	A great deal worse	Quite a bit worse	Moderately worse	Somewhat worse	A little bit worse	A tiny bit worse	About the same	A tiny bit better	A little bit better	Somewhat better	Moderately better	Quite a bit better	A great deal better	A very great deal better
In 6 weeks	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
In 6 months (~26 weeks)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

2. The remaining questions pertain to expectations and preferences for 2 different approaches to treating plantar heel pain (aka, plantar fasciitis). When responding, consider Podiatry Care as treatment provided by a podiatrist (3-4 visits on average). One Podiatry visit, then physical therapy is one visit with a podiatrist followed by multiple physical therapy visits (6-8 on average). Consider physical therapy as treatment provided by a physical therapist (exercises done WITHOUT visits to a physical therapist is NOT considered physical therapy).

a. How helpful do you believe the following will be for this episode of your heel/foot pain? Please make one mark on each of the following scales.

Podiatry care

0	1	2	3	4	5	6	7	8	9	10
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Not helpful
at all

Extremely
helpful

One Podiatry visit, then physical therapy

0	1	2	3	4	5	6	7	8	9	10
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Not helpful
at all

Extremely
helpful

b. Which treatment would you chose to help your heel/bottom of foot pain (please select only one)?

- ☐ Podiatry Care
 ☐ Podiatry and early physical therapy intervention
 ☐ I do not have a preference