Assessed for eligibility

Inclusion Criteria

Exclusion Criteria

Informed Consent

Randomization
n=380

n=95  
Home-based exercise + early initiated rehabilitation

n=95  
Home-based exercise + late initiated rehabilitation

n=95  
Early initiated rehabilitation

n=95  
Late initiated rehabilitation

1. Follow-up: The day before surgery
2. Follow-up: 2/6 weeks after surgery
3. Follow-up: 14/18 weeks after surgery
4. Follow-up: 26 weeks after surgery
5. Follow-up: 52 weeks after surgery

Participants (n=?)
Completed follow-up (n=?)
Lost to follow-up (n=?, reason)
Intervention stopped (n=?, reason)

Final analysis (Intention to treat) (n=?)
Excluded from analysis (n=?, reason)