First visit patient \((t = 0 \text{ months})\)
Baseline measurements: VS, MH, M, PE
Meet inclusion criteria: DI

↓

Second visit patient \((t = 3 \text{ months})\)
Baseline measurements: AM, RC, AS, AE, D
Scoring lists: FIQL, PREFAB
Informed consent

↓

Randomization

↓

Referral to physiotherapist (start follow-up)

↓

Trial arm 1: PFMT + RBT
Trial arm 2: PFMT

Follow-up after 3 months
Measurements: M, AM, RC, AS, DI
Scoring lists: VS, FIQL, PREFAB, GPE

↓

<table>
<thead>
<tr>
<th>VS (+), GPE (+)</th>
<th>Co-interventions possible after 3 or 6 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>VS (+), GPE (-)</td>
<td></td>
</tr>
<tr>
<td>VS (-), GPE (+)</td>
<td></td>
</tr>
<tr>
<td>VS (-), GPE (-)</td>
<td></td>
</tr>
</tbody>
</table>

Follow-up after 6 months
Measurements: M, AM, RC, AS, DI
Scoring lists: VS, FIQL, PREFAB, GPE

↓

Follow-up after 12 months
Measurements: M, AM, RC, AS, DI
Scoring lists: VS, FIQL, PREFAB, GPE

↓

End study