Eligible workers as referred by the insurance company (n=518)

Excluded (n=264)
- Not willing to participate (n=197)
- Other treatments preferred (n=24)
- Already returned to full regular work (n=34)
- No musculoskeletal disorder (n=3)
- Less than 25% disability (n=2)
- No baseline questionnaire (n=2)
- Personal circumstances (n=2)

Randomized for physical training (n=254): stratified for PT and PTCBWE

PT (n=103)
- Allocated to PT (n=53)
  - Received PT (n=34)
  - Not compliant (n=19)
    - distance (n=3)
    - not motivated (n=6)
    - symptoms improved (n=5)
    - contra-indication (n=1)
    - drop out (n=4)
- Allocated to usual care (n=50)
  - Received usual care (n=50)
  - Did not receive usual care (n=0)

PTCBWE (n=151)
- Allocated to PTCBWE (n=76)
  - Received PTCBWE (n=50)
  - Not compliant (n=26)
    - distance (n=5)
    - not motivated (n=2)
    - symptoms improved (n=3)
    - contra-indication (n=3)
    - already treatment (n=3)
    - not able to follow regime (n=1)
    - drop out (n=9)
- Allocated to usual care (n=75)
  - Received usual care (n=75)
  - Did not receive usual care (n=0)

Available data for primary outcome according to intention-to-treat (n=53).
Available data for primary outcome according to intention-to-treat and per-protocol (n=50).
Available data for primary outcome according to per-protocol (n=34).
Available data for primary outcome according to intention-to-treat (n=76).
Available data for primary outcome according to intention-to-treat and per-protocol (n=75).
Available data for primary outcome according to per-protocol (n=50).