Screened for eligibility

Consent and baseline assessment

Stratified randomisation

Control group
Standard medical care

Exercise (intervention) group
12 weeks supervised exercise training

12 week followup assessment

Control group
Standard medical care

Exercise (intervention) group
12 weeks home exercise program

24 week followup assessment

Lost to followup/withdrawn from study
Reasons

Lost to followup/withdrawn from study
Reasons

Analysis

Ineligible:
- Met exclusion criteria
- Declined participation
- Other