Eligible n=189

- Excluded:
  - Another fracture n=11
  - Psychiatric n=2
  - Drug abuse n=14
  - Another disease n=20
  - Complications n=3
  - Language n=2

- Declined n=19
- Missed n=8

Fulfilled inclusion and exclusion criteria n=137

Included in the study n=110

Training group n=52
  - Another disease n=2
  - Drop out n=2
  - 6-month follow-up n=50
  - 12-month follow-up n=48

Control group n=58
  - Drop out n=3
  - 6-month follow-up n=55
  - 12-month follow-up n=48