Assessed for eligibility (n=141)

Excluded (n=37)
- Not meeting inclusion criteria (n=31)
- Refused to participate (n=2)
- Other reasons (n=4)

Randomised (n=104)

52 were allocated supervised exercises (SE), 12 weeks intervention
- 51 received allocated intervention

Allocation

52 were allocated radial extracorporeal shockwave therapy (rESWT), 4-6 weeks intervention
- 51 received allocated intervention

Follow-Up

46 were available
- 6 weeks

44 were available
- 12 weeks

48 were available (1 was dead)
- 12 months