Enquiry regarding trial received via phone, facsimile or email

- Telephone screening conducted
  - Exclude ineligible volunteers

- Physical assessment conducted (including completion of baseline questionnaires)
  - Exclude ineligible volunteers

- Consent form signed
  - Exclude non-consenting volunteers

- Consenting participants assigned to one of five subgroups based on their classification

- Randomisation (stratified for subgroup and treatment centre)

  - Advice group
    - 5 week follow-up
    - 10 week follow-up
    - 26 week follow-up
    - 52 week follow-up

  - Specific physiotherapy group
    - 5 week follow-up
    - 10 week follow-up
    - 26 week follow-up
    - 52 week follow-up