Identify potential study candidates

Invite to participate by mail

Telephone screening (for major exclusion criteria)

Excluded (n = )
Unmet inclusion Criteria (n = )
Declined participation (n = )
Other reasons (n = )

Informed consent

Physical screening (verify suitability)

Baseline assessment (0 weeks)

Randomised by independent physiotherapist

Gym exercise group (n = )
Intervention not received (n = )
Give reasons

Hydrotherapy exercise group (n = )
Intervention not received (n = )
Give reasons

Control group (n = )
Control not received (n = )
Give reasons

Gym exercise group (n = )
Intervention not received (n = )
Give reasons

Hydrotherapy exercise group (n = )
Intervention not received (n = )
Give reasons

Control group (n = )
Control not received (n = )
Give reasons

8 Week outcome assessment (blind assessor)

Lost to follow-up (n = )
Give reasons

Excluded from analysis (n = )
Give reasons

24 Week outcome assessment (blind assessor)

Analysis