Sample
RA patients referred from PT/OT and Rheumatology clinics

Assessment for eligibility

Allocation
Individually randomised, stratified by site
Baseline assessments undertaken
n=480

Best Practice Usual Care Arm
Joint protection, functional splinting and exercise advice
n=240

Follow-up Assessment
4 months
Primary and Secondary outcomes
Resource use
20% loss to follow-up/withdrawal
n=192

Follow-up Assessment
12 months
Primary and Secondary outcomes
Resource use
25% loss to follow-up/withdrawal
n=180

Intervention Arm
Usual Care and five sessions of exercise over 12 weeks
n=240

Follow-up Assessment
4 months
Primary and Secondary outcomes
Resource use
20% loss to follow-up/withdrawal
n=192

Follow-up Assessment
12 months
Primary and Secondary outcomes
Resource use
25% loss to follow-up/withdrawal
n=180