Research Clinic Appointment
Trial research clinician confirms eligibility, consents and performs baseline assessment

Randomisation and referral

Best Practice Usual Care only
(control)

Assessment & Advice Session

Follow-up 1 (if required)

Follow-up 2 (if required)

Usual Care + Exercise
(experimental)

Assessment & Advice Session

Exercise Session 1

Exercise Session 2

Exercise Session 3

Exercise Session 4

Exercise Session 5 and discharge

4 and 12 month follow-up

Follow-up 1 (if required)