Figure 1. Flow diagram of study protocol.

- **Enrolment**
  - Assessed for eligibility by telephone
    - Ineligible: Fail inclusion criteria, Meet exclusion criteria, Refuse to participate
  - Assessed for eligibility by clinical assessment
    - Ineligible: Fail inclusion criteria, Meet exclusion criteria
  - Baseline assessment
  - Randomisation

- **Allocation**
  - Allocated to physiotherapy only
  - Allocated to physiotherapy + telephone coaching

- **Intervention (6 months)**
  - 5 x individual physiotherapy treatment sessions
    - 6-12 telephone coaching calls

- **Follow-up**
  - 6 month assessment
  - 12 month assessment
  - 18 month assessment

- **Analysis**
  - Intention-to-treat analysis