Patients referred to Physiotherapy with shoulder pain

Identifies potential participants from letter of referral

Sends pre-prepared envelopes to potential participants containing:
1. Invitation to the study/patient info sheet
2. Screening questionnaire
3. Enclosed envelope containing:
   a. Consent form
   b. Booklet of questions

Potential participants receive invitation to the study.
Interested potential participants self assess eligibility using screening questionnaire.
Non eligible patients: Standard clinical pathway. No further action.
Eligable patients:
1. Self consent using enclosed consent form
2. Complete booklet of questions

Sends questionnaire to participants at 6 weeks and 6 months and receives replies.

Participant attends first physiotherapy appointment and:
1. Gives physiotherapist their signed consent form and receives a copy back
2. Gives booklet of questions to PT in sealed envelope
3. Receives normal physiotherapy assessment

Receives copies

Postal questionnaire at 6 weeks.
Receives, completes and returns with exercise diary to CI

Records treatment on standardised form and sends copy to CI

Receives copy

Postal questionnaire at 6 months (as 6 weeks)

Keeps simple diary of exercise adherence

Receives physiotherapy treatment which is unaffected by the study