Enrollment

Assessed for eligibility (Odense and Vejle)

Excluded:
- Meet exclusion criteria

Indication for surgery (standardized criteria)

Patient decision:
Based on the information provided do you want immediate surgery?

Randomisation

Allocation

Group A:
Patient education and supervised exercise

Group B:
Patient Education

0 months

Questionnaires, Muscle Strength, Physical Performance

1 year cumulative survival and intention-to-treat on secondary outcome

Prospective observational cohort follow-up until at least 5 years after inclusion

3 months

Questionnaires, Muscle Strength, Physical Performance

12 months

Questionnaires, Muscle Strength, Physical Performance

Analyses

YES

NO

YES

NO

YES

NO

YES

NO

YES