Response to the advertisements  
\( n = 351 \)

- Unresponsive to mail and phone  
  \( n = 32 \)
- Did not meet eligibility criteria  
  \( n = 167 \)

Questionnaire and information sent  
\( n = 152 \)

- Did not reply to questionnaire  
  \( n = 60 \)
- Did not meet eligibility criteria  
  \( n = 9 \)
- Did not emerge to clinical examination  
  \( n = 8 \)
- Did not meet eligibility criteria  
  \( n = 18 \)

Replied to questionnaire  
\( n = 92 \)

Clinical examination  
\( n = 75 \)

- Did not meet eligibility criteria  
  \( n = 9 \)
- Did not emerge to clinical examination  
  \( n = 8 \)
- Did not meet eligibility criteria  
  \( n = 18 \)

Included  
\( N = 57 \)

Randomization

STRENGTH  
\( n = 34 \)

- Dropouts  
  \( n = 8 \)

4 to 6-month follow-up  
STRENGTH  
\( n = 26 \)

- Dropouts  
  \( n = 4 \)

12-month follow-up  
STRENGTH  
\( n = 22 \)

STRETCH  
\( n = 23 \)

- Dropouts  
  \( n = 4 \)

4 to 6-month follow-up  
STRETCH  
\( n = 19 \)

12-month follow-up  
STRETCH  
\( n = 19 \)