Patient referred to Musculoskeletal Clinical Assessment and Treatment Service (CATS) by GP

Triage to CATS shoulder clinic following clinician review of GP referral letter

Patient mailed information about trial

Attends CATS shoulder clinic; eligibility assessed

Written consent; baseline questionnaire

Randomisation

Ultrasound-guided injection
Physiotherapist-led exercise

Ultrasound-guided injection
Advice and exercise leaflet

Blind injection
Physiotherapist-led exercise

Blind injection
Advice and exercise leaflet

Text-message/telephone follow-up at 1 week

Postal questionnaire follow-up at 6 weeks, 6 months and 12 months