Adults included in the Oslo Hand OA cohort and the MUST OA cohort (with clinical signs of hand OA)

Mailed requests for participation

Excluded:
- Non-response
- Refusal to participate

Telephone screening

Excluded:
- Not meeting inclusion criteria
- Unable to attend baseline assessments

Eligible sample

Baseline questionnaire and assessment

Randomisation

Intervention group: 12 week exercise programme with telephone follow-up
Including:
- warm-up + 7 exercises (strength, stability, flexibility) + stretch
- 3 weekly exercise sessions at home
- 4 group exercise sessions (weeks 1-3, 8)
- 1 weekly telephone call (weeks 4-7, 9-12)

Control group: usual care (i.e. general practitioner visits)
The control group receives no particular attention, referral or treatment from the project group

3-month questionnaire and assessment

6-month questionnaire and assessment