Recruited at department of radiography, n=121

Did not fulfil inclusion criteria
n= 24

Received written information, n=97

Declined participation
n=28

Accepted invitation, n= 69

Not included:
too old (n=1)
other arthritis disease (n=1)
reason not stated (n=2)

Questionnaires
Tests of physical function
Randomization
n=65

Erroneous randomized:
severe hip OA (n=1)
too old at inclusion (n=1)
fibromyalgia diagnosis (n=1)
no significant osteophytes (n=1)

Occasion 1
(3 weeks before baseline)

Exercise-group
n=30

Drop-out:
Increased knee symptoms (n=1)
Reorganization at work (n=1)

Control-group
n=31

Drop-out:
Lack of time (n=2)
Sudden illness (n=1)

Questionnaires
Tests of physical function
n=28

Occasion 2
(6 weeks)

Questionnaires
Tests of physical function
n=28

Questionnaires
Tests of physical function
n=28

Occasion 3
(26 weeks)

Questionnaires
Tests of physical function
n=28

Questionnaires
Tests of physical function
n=28

Started to exercise, n=14

Figure 1.