Recruitment

Baseline assessment (within 7 days of cast removal)

Randomisation and concealed allocation (point of entry into trial)

- Exercise only (control group; n = 45)
- Exercise plus joint mobilisation (treatment group; n = 45)

4-week follow-up assessment and economic survey

8-week economic survey (postal)

12-week follow-up assessment and economic survey

16-week and 20-week economic survey (postal)

24-week follow-up assessment and economic survey