Patient referred from ENP, A&E or Sports Injury Clinic

Explanation of study & information sheet

Referral for x-ray allowing 1-hour cooling off period

Consent not given
Continue with standard care

Ineligible
Continue with standard care

Consent given
Assessed for study eligibility

Eligible
Assignation of subject ID

Recording of baseline outcome measures ($W_0$)

Fitting of activity monitor

Randomisation to treatment group

Treatment protocol ($W_0$)

Follow-up outcome measurements ($W_1$)

Removal of activity monitor

Re-assessment of injury & treatment progression ($W_1$)

Follow-up outcome measurements ($W_{2,3,4}$)

Invitation to 3 month follow up study

Re-assessment of injury & treatment progression ($W_{2,3,4}$)

ENP = Emergency Nurse Practitioner
$W = \text{week}$