Assessed for eligibility \( n = 148 \)

Excluded \( n = 87 \)
- Not meeting inclusion criteria \( n = 85 \)
- Resident outside the region \( n = 5 \)
- Age \( n = 20 \)
- Co-morbidity \( n = 10 \)
- RoM >80° at T1 \( n = 32 \)
- Longer hospital stay \( n = 8 \)
- Minimally invasive surgery \( n = 6 \)
- Extended surgery \( n = 4 \)
- Refused to participate \( n = 2 \)

Enrollment

Randomisation

Allocated to CPM +PT intervention \( n = 30 \)
- Received allocated intervention \( n = 30 \)

Lost to follow-up \( n = 0 \)
- Discontinued intervention \( n = 0 \)

Analysed \( n = 30 \)
- Excluded from analysis \( n = 0 \)

Allocated to PT intervention \( n = 30 \)
- Received allocated intervention \( n = 30 \)

Lost to follow-up \( n = 0 \)
- Discontinued intervention \( n = 0 \)

Analysed \( n = 30 \)
- Excluded from analysis \( n = 0 \)