Assessed for eligibility and 1st assessment performed (n=29)

- Excluded (n=3)
  - Interim diagnosis of Osteogenesis Imperfecta (n=1)
  - Did not attend and unable to contact (n=2)

2nd assessment (n=26)

Allocation

- Allocated to “training to neutral” intervention (n=14)
  - Received allocated intervention (n=14)
  - Did not receive allocated intervention (n=0)
- Allocated to “training in hypermobile range” intervention (n=12)
  - Received allocated intervention (n=11)

Follow-Up

- Lost to follow-up (n=0)
- Discontinued intervention (n=0)
- Lost to follow up, unable to be contacted (n=1)
- Discontinued intervention (n=0)

3rd assessment (n=25)

Analysis

- Analysed (n=14)
  - Excluded from analysis (n=0)
- Analysed (n=11)
  - Excluded from analysis as lost to follow-up (n=1)