Chromically diseased and mobility restricted community-dwelling GP patients aged ≥70 years

Recruitment
- Patient records are assessed for eligibility
- Invitation of patients to GP’s practice for final assessment of eligibility
- Patient information by GP and exercise therapist
- Patient providing written informed consent

Baseline Assessment T0
- Telephone interview
- Motor tests

Randomisation

Experimental Intervention
- Multidimensional home-based exercise
- Consultations (personal attention, instruction, methods fostering behavioural change)

Final Assessment T1
- Telephone interview
- Motor tests

Control Intervention
- “Baseline physical activities”
- Consultations (personal attention, instruction)

12 weeks