Recruitment of eligible participants from previous research databases

Assessment of eligibility criteria

Exclusion for:
- not meeting inclusion criteria
- declining to participate

Eligibility confirmed
Informed consent obtained
n = 36

Baseline outcomes assessment

Randomisation through concealed allocation in blocks of three

Control group
n = 12

Land-based exercises
n = 12

Aquatic exercises
n = 12

Exclusion for:
- Loss to follow-up
- Discontinued intervention

Outcomes assessment after 10 weeks

Intention-to-treat analysis