Recruitment via 10 centres n = 600

Assessment of Eligibility Consent, Baseline Assessment (Week O)

Allocation Individually Randomised

Usual Care Intervention

Exercise Therapy Intervention (ET)

Manual Therapy Intervention (MT)

1st Outcome Measurement (4 months)

Interim Analysis when n = 75 in each arm

If one intervention is superior to the other

UC  MT or ET

1 year follow up Assessment

If both interventions are better than control

UC  MT  ET

1 year follow up Assessment

If neither interventions is better than control

Stop Trial

1 year follow up of patients recruited