Enrollment

Assessed for eligibility (n = 470)

Excluded (n = 400)
Not meeting inclusion criteria (n = 377)
Refused to participate (n = 6)
Other reasons* (n = 17)

Randomised (n = 70)

Allocation

Active physical therapy (n = 35)
Received allocated intervention (n = 35)
Lost to follow up (n = 0)
Discontinued intervention*** (n = 3)

Passive physical therapy (n = 35)
Received allocated intervention (n = 35)
Lost to follow up (n = 0)
Discontinued intervention*** (n = 3)

Follow up

Analysed (n = 32)
Excluded from analysis (n = 3)

Analysis

* Great distance to the therapy unit
** Patients who were not prepared to report for the follow-up (investigation after six month)
*** Patients who do not receive the minimum of necessary physical therapy sessions (14 sessions in 8 weeks)
**** Patients who receive unallowed physical therapy sessions