Randomized \((n = 67)\)

Allocated to Nordic Walking group \((n = 34)\)
- Received allocated intervention \((n = 29)\)
- Discontinued intervention \((n = 5)\)

Allocated to Low-Intensive Walking group \((n = 33)\)
- Received allocated intervention \((n = 28)\)
- Discontinued intervention \((n = 5)\)

Lost to follow up at post treatment examination \((n = 5)\)
- Change of work schedule \((n = 2)\)
- Concomitant disorders \((n = 1)\)
- Increased pain \((n = 1)\)
- Not interested \((n = 1)\)

Lost to follow up at post treatment examination \((n = 4)\)
- Not interested \((n = 4)\)

Analysed at post treatment examination \((n = 29)\)
- Excluded from analysis \((n = 0)\)

Analysed at post treatment examination \((n = 29)\)
- Excluded from analysis \((n = 0)\)

Lost to follow up at long time follow up examination \((n = 6)\)
- Change of work schedule \((n = 2)\)
- Increased pain \((n = 1)\)
- Not interested \((n = 1)\)
- Concomitant disorders \((n = 1)\)
- Unknown reason \((n = 1)\)

Lost to follow up at long time follow up examination \((n = 7)\)
- Not interested \((n = 5)\)
- Concomitant disorders \((n = 2)\)

Analysed at long time follow up examination \((n = 28)\)
- Excluded from analysis \((n = 0)\)

Analysed at long time follow up examination \((n = 26)\)
- Excluded from analysis \((n = 0)\)