

Enrollment

Assessed for eligibility (n=80)

Excluded (n=20)

- ◆ Unstable metastases (n=15)
- ◆ Declined to participate (n=5)

Randomized (n=60)

Allocation

Allocated to intervention group (n=30)

- ◆ Isometric training (Arm A)
- ◆ Received allocated intervention (n=30)

Allocated to control group (n=30)

- ◆ passive physical therapy (Arm B)
- ◆ Received allocated physical therapy (n=30)

Follow-Up 3 months (t₂) after RT

Lost to follow-up (died) (n=8)

Completed follow up (n=22)

Lost to follow-up (died) (n=9)

Completed follow up Arm B (n=21)

Follow-Up 6 months (t₃) after RT

Lost to follow-up (died) (n=4)

Completed follow up (n=18)

Lost to follow-up (died) (n=3)

Completed follow up Arm B (n=18)