

758 Employees according to payroll

169 Non-responders to screening

589 (78%) Responders to screening

195 Non-consenters

Baseline measurement

394 (52%) Employees consent to participate

31 Drop-out

24 no reason
1 Long term sick
3 Empl. ceased
3 no contact

363 (48%) Participants

120 Physical coordination training

95 females

Baseline observations:
80 Neck pain
82 Shoulder pain
83 Neck/shoulder pain
82 Low back pain
80 Work ability
90 Sickness absence

43 drop out:

18 no reason
9 Empl ceased
5 Lack time
4 Long term sick
1 pregnant
2 new work tasks
1 fam issues
1 own treatment
2 leave

52 females

1-yr FU observations:
41 Neck pain
41 Shoulder pain
41 Neck/shoulder pain
41 Low back pain
39 Work ability
90 Sickness absence

121 Cognitive behavioural training

99 females

Baseline observations:
93 Neck pain
92 Shoulder pain
93 Neck/shoulder pain
92 Low back pain
88 Work ability
96 Sickness absence

52 drop out:

25 no reason
9 Empl ceased
8 Lack time
3 Long term sick
2 pregnant
5 new work tasks

47 females

1-yr FU observations:
42 Neck pain
40 Shoulder pain
42 Neck/shoulder pain
41 Low back pain
41 Work ability
96 Sickness absence

122 Reference

100 females

Baseline observations:
84 Neck pain
84 Shoulder pain
83 Neck/shoulder pain
82 Low back pain
81 Work ability
89 Sickness absence

46 drop out:

20 no reason
14 Empl ceased
2 Lack time
7 Long term sick
1 pregnant
1 fam issues
1 leave

54 females

1-yr FU observations:
51 Neck pain
52 Shoulder pain
53 Neck/shoulder pain
52 Low back pain
52 Work ability
89 Sickness absence