

Enrolment

Monash Medical Centre, Department of Respiratory and Sleep Medicine COPD data base (n = 600)

- Moderate Stage II COPD in metropolitan Melbourne and the Mornington Peninsula (n = 50)
- Responded to mail out (n = 20)

Assessed for eligibility (n = 16)

Excluded (n = 4)

- Not meeting inclusion criteria (n = 1)
- Declined to participate (n = 1)
- Other reasons (n = 2)

Allocation

Allocated to six week WBV intervention (n = 16) (m = 12, f = 4)

- Received allocated intervention (n = 16)

Wash-out (2 weeks), then cross-over from WBV to PWBV

- Lost to follow up (unreachable n = 2)
- Discontinued involvement (n = 3)
 - Relocation (n = 1)
 - Illness of spouse (n = 1)
 - Personal reasons not related to the study (n = 1)

Allocated to six week PWBV intervention (n = 11)

(m = 8, f = 3)

- Received allocated intervention (n = 11)

Analysis

Analysed for WBV (n = 16)

- Excluded from analysis (n = 0)

Analysed for PWBV (n = 11)

- Excluded from analysis (n = 0)