

Assessed for eligibility (n=148)

Enrollment

Randomisation

Excluded (n= 87)	
Not meeting inclusion criteria	(n=85)
Resident outside the region	5
Age	20
Co-morbidity	10
RoM >80° at T1	32
Longer hospital stay	8
Minimally invasive surgery	6
Extended surgery	4
Refused to participate	(n= 2)

Allocated to CPM +PT intervention (n=30)
Received allocated intervention (n=30)

Allocation

Allocated to PT intervention (n=30)
Received allocated intervention (n=30)

Lost to follow-up (n=0)
Discontinued intervention (n= 0)

Follow-Up

Lost to follow-up (n=0)
Discontinued intervention (n= 0)

Analysed (n=30)
Excluded from analysis (n=0)

Analysis

Analysed (n=30)
Excluded from analysis (n=0)