

Attendees at the CAS(K) 6-year follow-up study screened for impairment measures and exclusion criteria



Potential participant satisfies the criterion for at least one of the impairments? → **EXCLUDE**

No



Yes

Potential participant satisfies one or more of exclusion criteria? → **EXCLUDE**

Yes



No

Clinic co-ordinator briefly explains what the study entails, provides information leaflet and seeks verbal consent for a research nurse to telephone to discuss the study further



Potential participant agrees to be contacted by telephone? → **STOP**

No



Yes

Research nurse successfully contacts potential participant by telephone? → **STOP**

No



Yes

Research nurse telephones potential participant to discuss the study further



Potential participant willing and able to commit to daily formal exercises, weekly physiotherapist contact and nurse visits? → **STOP**

No



Yes

Research nurse visits potential participant to obtain written informed consent and take baseline impairment and disability measures.