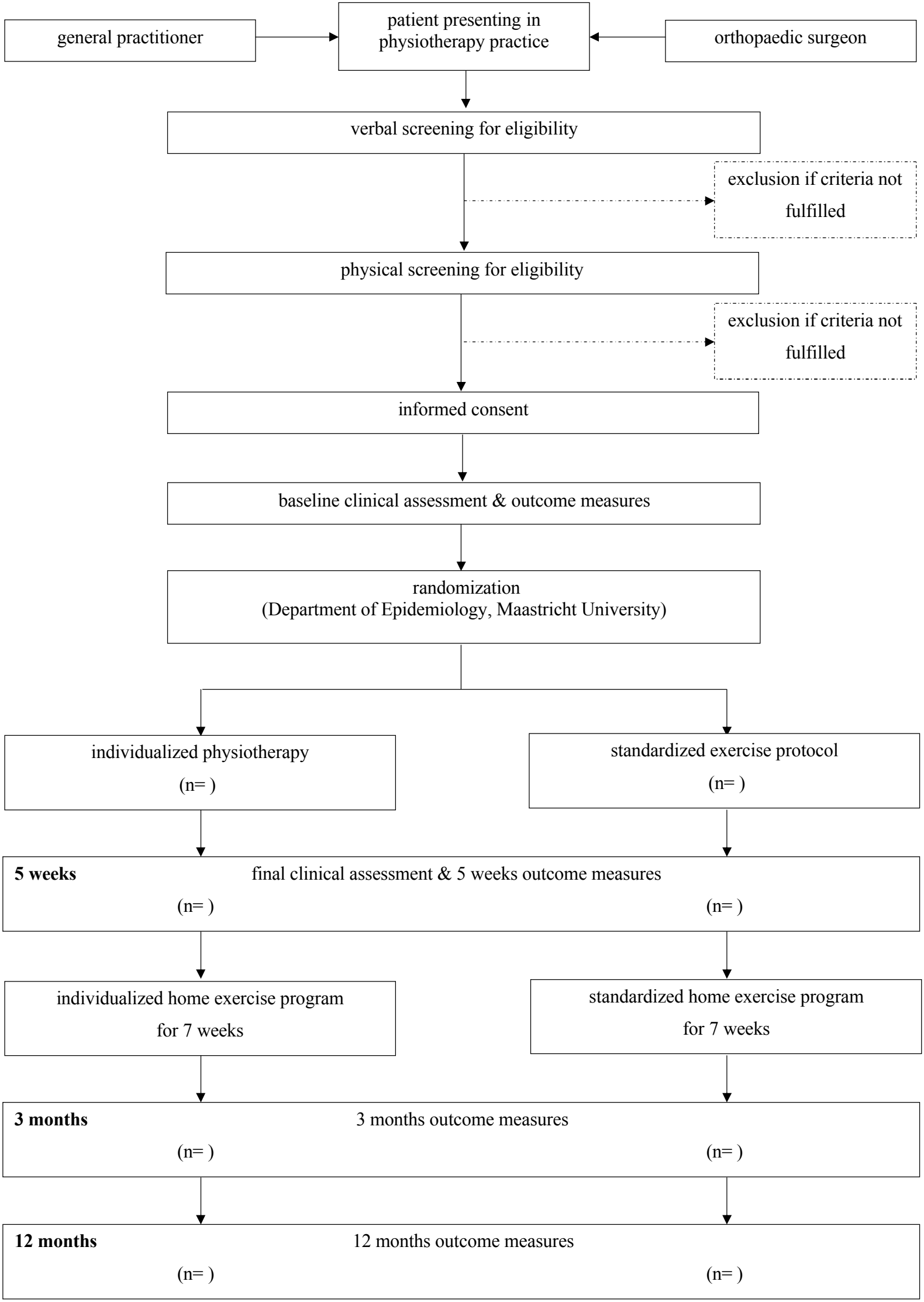
general practitioner
patient presenting in physiotherapy practice
orthopaedic surgeon
verbal screening for eligibility
exclusion if criteria not fulfilled
physical screening for eligibility
exclusion if criteria not fulfilled
informed consent
baseline clinical assessment & outcome measures
randomization
(Department of Epidemiology, Maastricht University)
individualized physiotherapy
(n=)
standardized exercise protocol
(n=)
5 weeks
final clinical assessment & 5 weeks outcome measures
(n=)
(n=)
individualized home exercise program
for 7 weeks
standardized home exercise program
for 7 weeks
3 months
3 months outcome measures
(n=)
(n=)
12 months
12 months outcome measures
(n=)
(n=)