

Timeline	Experimental intervention	Active control
	General intake by PT and OT	
<b>Eligibility assessment</b>		
<b>Baseline assessment</b>		
<b>Randomisation</b>		
<b>Week 1a</b>	(a) (b) [a]	(a) (b) (c) (d) (e) (f)
<b>Week 1b</b>	(c) (d) [a] [b]	[f]
<b>Week 2a</b>	(e) [a] [c]	
<b>Week 2b</b>	(e) [b] [c] [d]	[f]
<b>Week 3</b>	(f) [c] [d]	[c] [d]
<b>Week 4</b>	[b] [c] [d]	[f]
<b>Week 6</b>	[e]	[e] [f]
<b>Measurement of outcomes</b>		
(a)	Group education on the health care program, diaries and expectations.	
(b)	Group education on osteoarthritis, pain and medication.	
[a]	General exercise program.	
(c)	Group education about physical activity.	
(d)	Group education on activity pacing.	
[b]	Recreational activity.	
[c]	Group based monitoring of personal goals.	
(e)	Group education on food consumption.	
[d]	Specific exercise program, based upon the PSK-scores.	
(f)	Group education on acceptance and helplessness.	
[e]	Evaluation and setting goals for the future.	
[f]	Monitoring of personal goals via telephone by specialized nurse.	