



Assessed for
Eligibility

Randomised
(n=66)

**Subjects
Allocation**

Graded Activity Group
(n=33)

Supervised Exercise Group
(n=33)

Baseline assessment

Baseline assessment

Post-treatment assessment
(6 weeks)

Post-treatment assessment
(6 weeks)

3-month follow-up

3-month follow-up

6-month follow-up

6-month follow-up