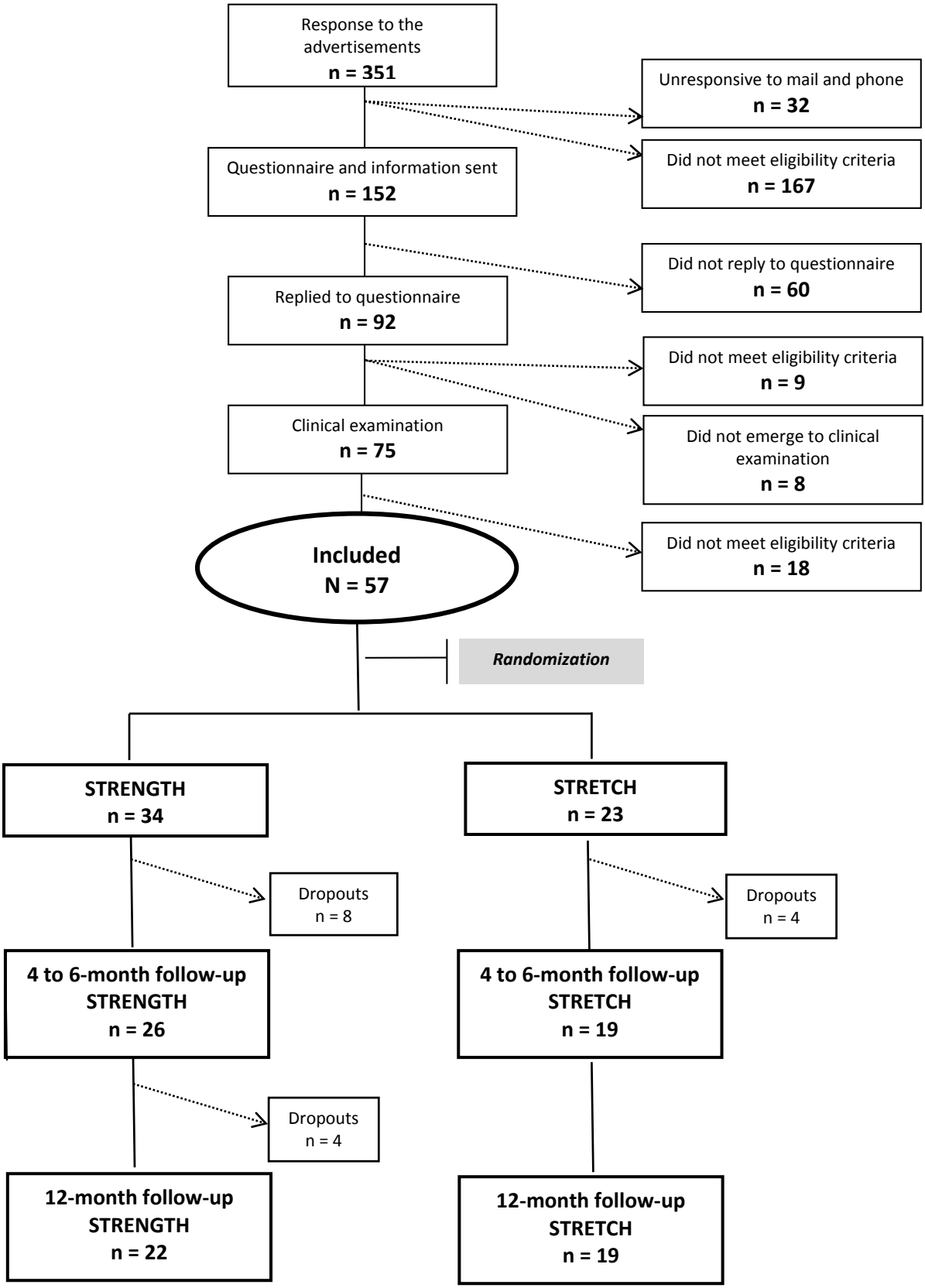
Response to the advertisements
n = 351
Unresponsive to mail and phone
n = 32
Did not meet eligibility criteria
n = 167
Questionnaire and information sent
n = 152
Did not reply to questionnaire
n = 60
Replied to questionnaire
n = 92
Did not meet eligibility criteria
n = 9
Clinical examination
n = 75
Did not emerge to clinical examination
n = 8
Did not meet eligibility criteria
n = 18
Included
N = 57
Randomization
STRENGTH
n = 34
STRETCH
n = 23
Dropouts
n = 8
Dropouts
n = 4
4 to 6-month follow-up
STRENGTH
n = 26
4 to 6-month follow-up
STRETCH
n = 19
Dropouts
n = 4
12-month follow-up
STRENGTH
n = 22
12-month follow-up
STRETCH
n = 19