

Included in the cohort study and assessed for eligibility for the RCT

All patients aged ≥ 18 - ≤ 63 years, living in Central Denmark Region, and referred to one of six public departments of orthopaedic surgery on suspicion of subacromial impingement syndrome

Exclusion criteria for the RCT

Preoperative assessment:

No shows, insufficient skills in Danish, main diagnosis not M75.1-M75.8 or M19, comorbidity (severe fibromyalgia, rheumatoid arthritis, traumatic shoulder lesions, glenohumeral osteoarthritis), or no indication for shoulder surgery during index episode of care

Intraoperative assessment:

No shows, surgery not coded KNBH51, KNBH91, KNBG09, KNBL39, or KNBM79¹, or full-thickness/complete rotator cuff tear observed during surgery (except from a ruptured biceps tendon)

Postoperative assessment after 8-12 weeks:

No shows, further shoulder surgery planned, frozen shoulder, no shoulder problems anymore, or declined to participate

Included in the RCT

Collection of baseline information and subsequent randomisation 8-12 weeks after surgery

Occupational
medical assistance²

Standardised
physiotherapy
exercises

Occupational
medical assistance²
and physiotherapy
exercises

Usual care

Follow up occasions³ and outcome assessment in the RCT

3 months

12 months

24 months

Questionnaire, shoulder examination, and physical testing

Questionnaire and register data

Register data

Initial data, follow up occasions⁴, and outcome assessment in the cohort study

First contact and shortly before surgery

16 months

28 months

Questionnaire

Questionnaire and register data

Register data