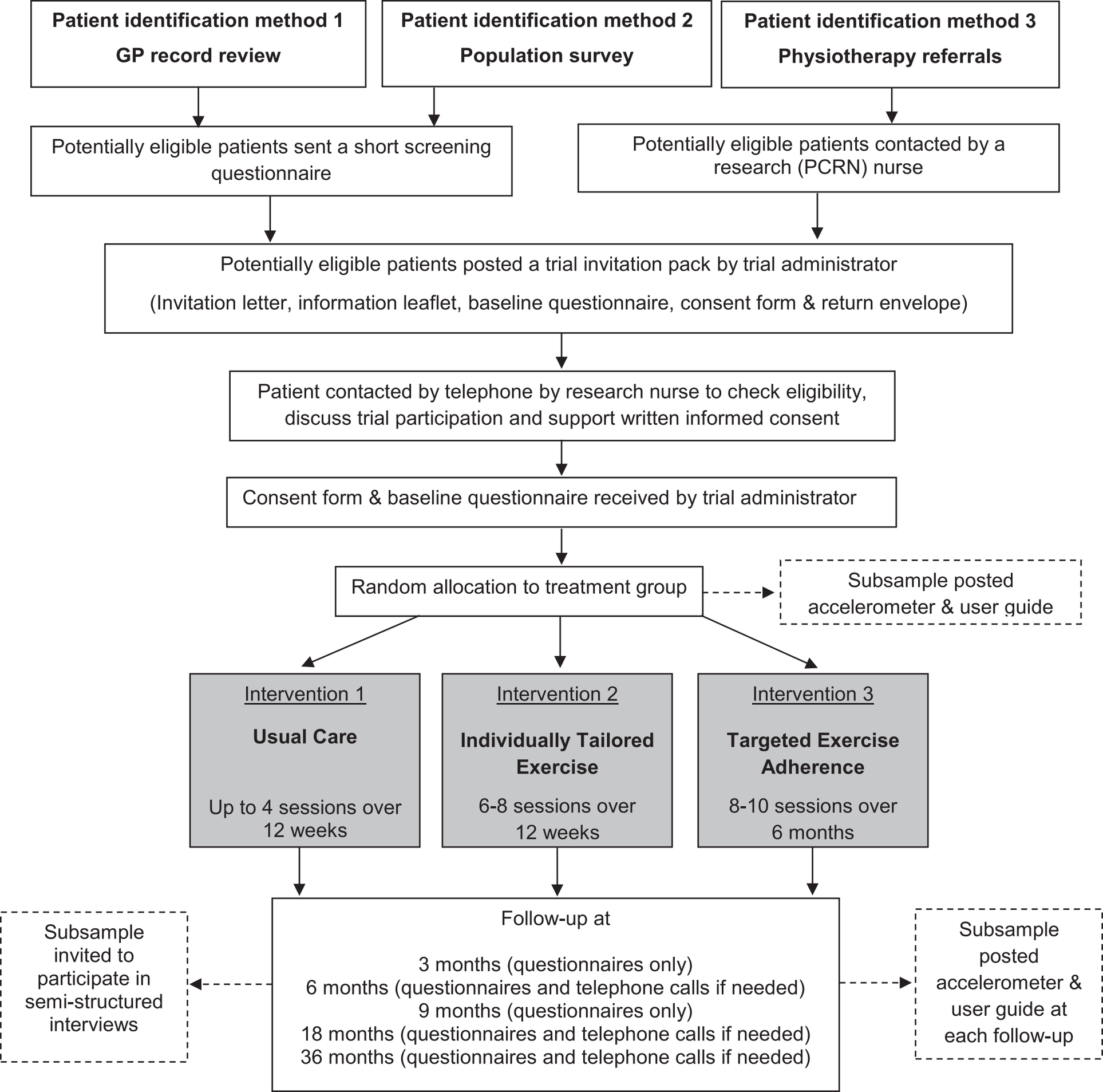
Patient identification method 1
GP record review
Patient identification method 2
Population survey
Patient identification method 3
Physiotherapy referrals
Potentially eligible patients sent a short screening questionnaire
Potentially eligible patients contacted by a research (PCRN) nurse
Potentially eligible patients posted a trial invitation pack by trial administrator
(Invitation letter, information leaflet, baseline questionnaire, consent form & return envelope)
Patient contacted by telephone by research nurse to check eligibility, discuss trial participation and support written informed consent
Consent form & baseline questionnaire received by trial administrator
Random allocation to treatment group
Subsample posted accelerometer & user guide
Intervention 1
Usual Care
Up to 4 sessions over 12 weeks
Intervention 2
Individually Tailored Exercise
6-8 sessions over 12 weeks
Intervention 3
Targeted Exercise Adherence
8-10 sessions over 6 months
Follow-up at
3 months (questionnaires only)
6 months (questionnaires and telephone calls if needed)
9 months (questionnaires only)
18 months (questionnaires and telephone calls if needed)
36 months (questionnaires and telephone calls if needed)
Subsample invited to participate in semi-structured interviews
Subsample posted accelerometer & user guide at each follow-up