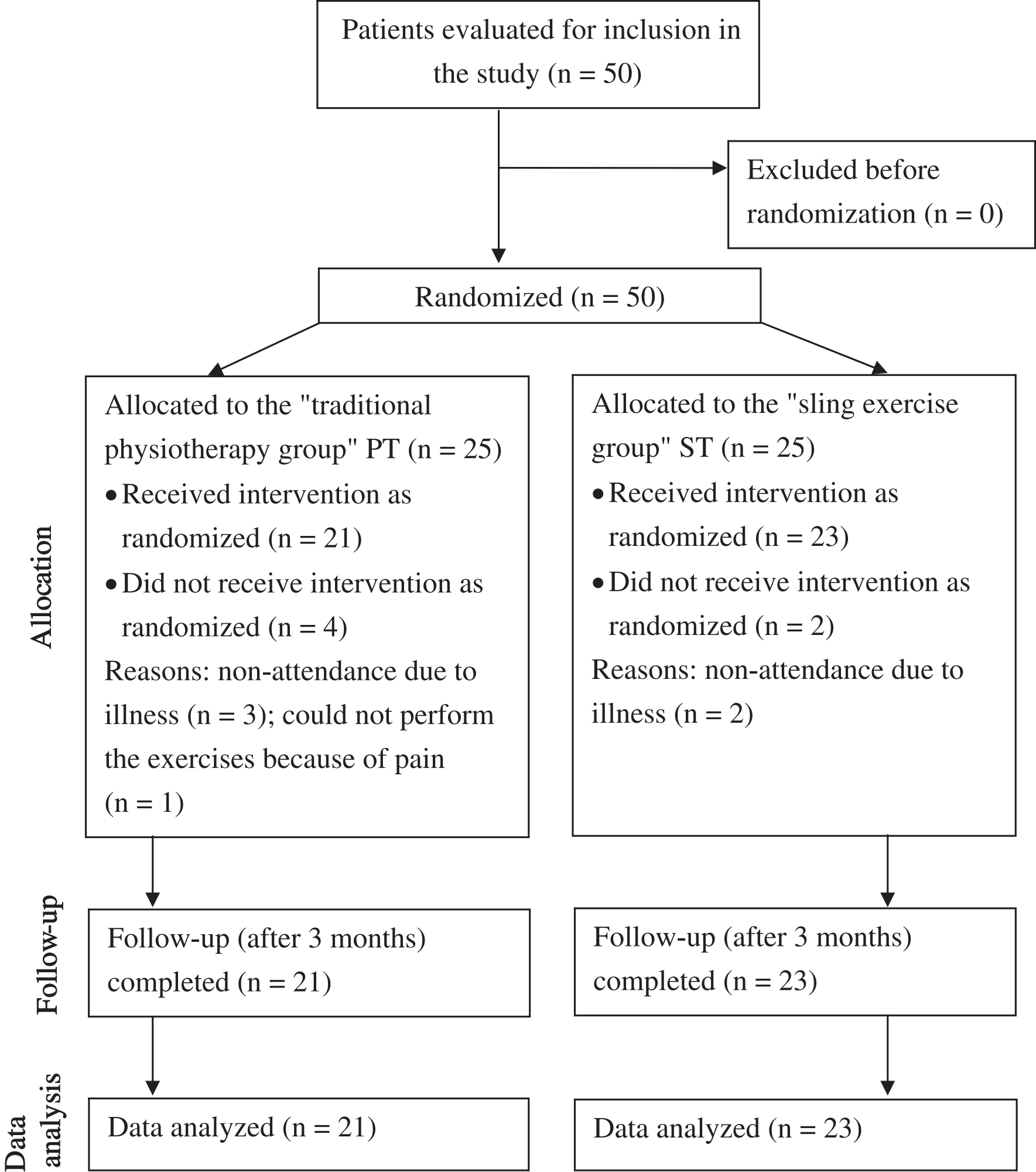
Patients evaluated for inclusion in the study (n = 50)
Excluded before randomization (n = 0)
Randomized (n = 50)
Allocated to the "traditional physiotherapy group" PT (n = 25)
• Received intervention as randomized (n = 21)
• Did not receive intervention as randomized (n = 4)
Reasons: non-attendance due to illness (n = 3); could not perform the exercises because of pain (n = 1)
Allocated to the "sling exercise group" ST (n = 25)
• Received intervention as randomized (n = 23)
• Did not receive intervention as randomized (n = 2)
Reasons: non-attendance due to illness (n = 2)
Allocation
Follow-up (after 3 months) completed (n = 21)
Follow-up (after 3 months) completed (n = 23)
Follow-up
Data analyzed (n = 21)
Data analyzed (n = 23)
Data analysis