



SOC Geriatric  
Medicine

LIFE Centre –  
Osteoporosis unit

Physiotherapy  
Falls Clinic

Public  
volunteer

Patient informed  
consent & screening

Inclusion

Exclusion

Assessments by blinded assessor

Randomisation

Wii exercise

Gvm exercise

Reassessments by blinded  
assessor

Reassessments by blinded  
assessor

Telecommunication follow-up  
by principal investigator

**Week 0**

**Week 12**

**Week 24**

**Week 52**