

Randomized ($n = 67$)

Allocated to Nordic Walking group ($n = 34$)

Received allocated intervention ($n = 29$)

Discontinued intervention ($n = 5$)

Allocated to Low-Intensive Walking group ($n = 33$)

Received allocated intervention ($n = 28$)

Discontinued intervention ($n = 5$)

Lost to follow up at post treatment examination ($n = 5$)

Change of work schedule ($n = 2$)

Concomitant disorders ($n = 1$)

Increased pain ($n = 1$)

Not interested ($n = 1$)

Lost to follow up at post treatment examination ($n = 4$)

Not interested ($n=4$)

Analysed at post treatment examination ($n = 29$)

Excluded from analysis ($n = 0$)

Analysed post treatment examination ($n = 29$)

Excluded from analysis ($n = 0$)

Lost to follow up at long time follow up examination ($n = 6$)

Change of work schedule ($n = 2$)

Increased pain ($n = 1$)

Not interested ($n = 1$)

Concomitant disorders ($n = 1$)

Unknown reason ($n = 1$)

Lost to follow up at long time follow up examination ($n = 7$)

Not interested ($n = 5$)

Concomitant disorders ($n = 2$)

Analysed at long time follow up examination ($n = 28$)

Excluded from analysis ($n = 0$)

Analysed at long time follow up examination ($n = 26$)

Excluded from analysis ($n = 0$)