

Flow Diagram

Enrollment

100 questionnaire respondents
assessed for eligibility

Excluded (n= 53)

- ◆ Not meeting inclusion criteria (n= 45)
- ◆ Declined to participate (n= 8)

Randomized (n= 47)

Allocation

Allocated to Shoulder Function Training
intervention (n= 24)

Allocated to Reference group (n= 23)