

Enrolment

Assessed for eligibility (n=110)

Excluded (n=32)

- Not meeting inclusion criteria (n=19)
- Declined to participate (n=13)

Allocated (n=78)

Allocation

Allocated to intervention
(n=39)

Allocated to control
(n=39)

1 year Follow-Up

- withdrew due to surgery or planned surgery of study knee (n=6);
- withdrew due to family issues (n=1)

- withdrew due to personal reason or diagnosed colon cancer (n=3);
- lost to follow-up (n=1)

2 year Follow-Up

- withdrew due to surgery of study knee (n=3)
- withdrew due to too much travel (n=2)
- withdrew due to family issues (n=1)
- withdrew due to not interested (n=1)

- withdrew due to surgery or increased pain of study knee (n=3)
- withdrew due to personal reason (n=1)
- lost to follow-up (n=1)

Analysis

Analysed (n=25)

Analysed (n=30)