

Recruitment



Baseline assessment (within 7 days of cast removal)



Randomisation and concealed allocation (point of entry into trial)



Exercise only
(control group; n = 45)



Exercise plus joint mobilisation
(treatment group; n = 45)



4-week follow-up assessment and economic survey



8-week economic survey (postal)



12-week follow-up assessment and economic survey



16-week and 20-week economic survey (postal)



24-week follow-up assessment and economic survey