

Telephone screening

Ineligible  
Fail inclusion criteria  
Meet exclusion criteria

Xray and clinical  
screening

Ineligible  
Fail inclusion criteria  
Meet exclusion criteria

**0 weeks** Consent, baseline assessment and  
randomisation (n=88)

Hip  
Strengthening  
Group

Control Group  
(usual care)

**Weekly** Logbooks completed by all patients

**12 weeks** Final assessment