

68 patients were assessed for eligibility

10 patients were excluded:

Severe back pain – 3 patients

Age – 2 patients

Lack of symptoms – 2 patients

Not interested - 2 patients

Gout – 1 patient

58 patients completed baseline measurements
and commenced treatment

4 patients dropped:

No compliance – 2 patients

Relocation – 1 patient

Total knee replacement – 1 patient

54 patients were assessed at 1st follow-up
(3 months)

54 patients were assessed at the end of study
(6 months)