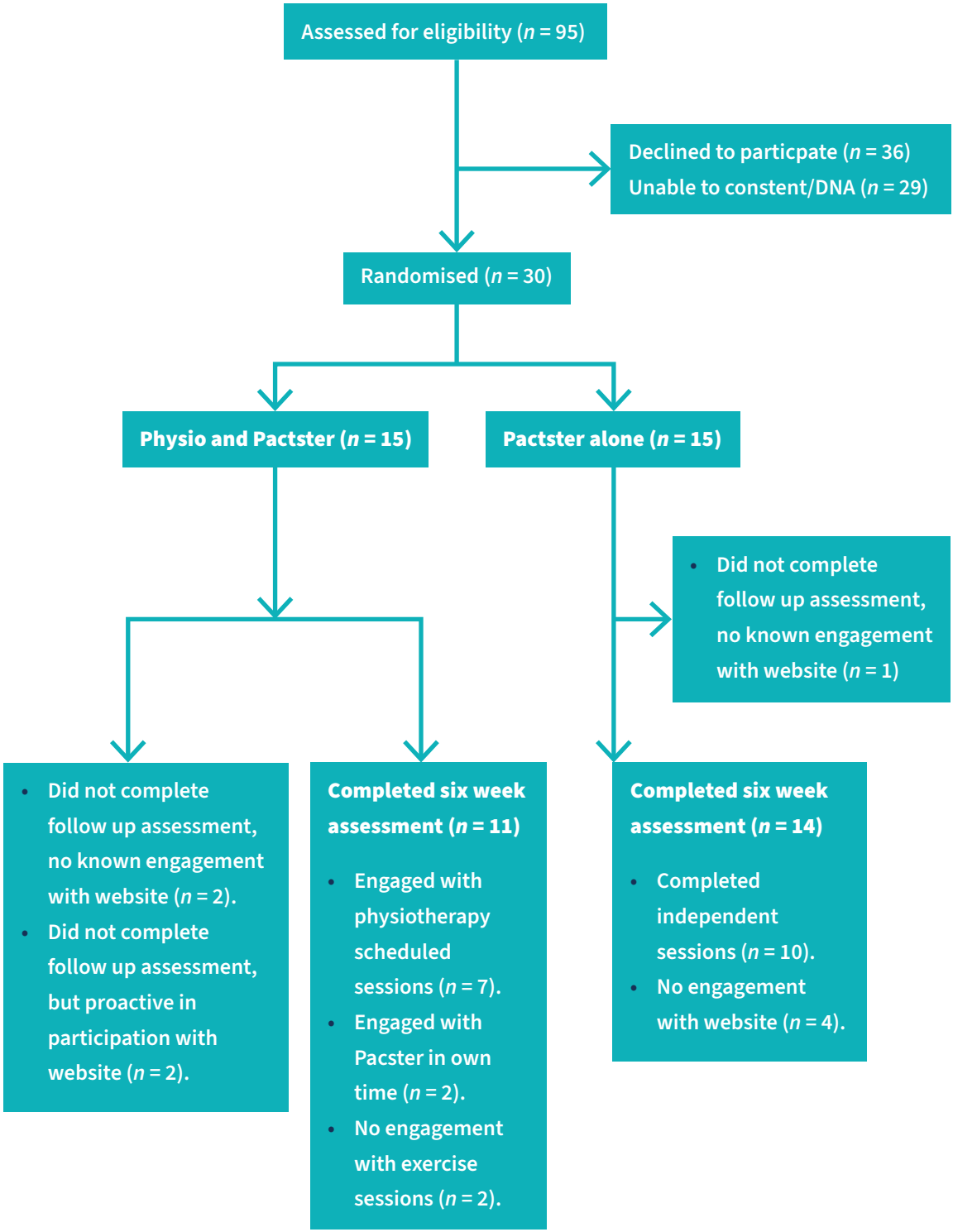
Assessed for eligibility (n = 95)
Declined to particpate (n = 36)
Unable to constent/DNA (n = 29)
Randomised (n = 30)
Physio and Pactster (n = 15)
Pactster alone (n = 15)
Did not complete follow up assessment, no known engagement with website (n = 1)
Did not complete follow up assessment, no known engagement with website (n = 2).
Did not complete follow up assessment, but proactive in participation with website (n = 2).
Completed six week assessment (n = 11)
Engaged with physiotherapy scheduled sessions (n = 7).
Engaged with Pacster in own time (n = 2).
No engagement with exercise sessions (n = 2).
Completed six week assessment (n = 14)
Completed independent sessions (n = 10).
No engagement with website (n = 4).