

Schedule of enrolment, interventions and assessments.

<b>Visit Window</b> (No. Weeks $\pm$ No. Days)	<b>Baseline</b>	<b>2 wk post randomisation:</b> telephone follow up	<b>3 m (<math>\pm</math> 1 m) after randomisation:</b> postal follow up	<b>6 m (<math>\pm</math> 1m) after randomisation:</b> postal follow up
Eligibility screen	✓			
Written informed consent	✓			
Baseline data Form	✓			
Randomisation	✓			
Intervention delivery	✓			
Pain score	✓	✓	✓	✓
VISA-A	✓		✓	✓
EQ5D-5L	✓		✓	✓
Adverse events	✓	✓	✓	✓