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**Authors:** Katrine Rolid, Arne K. Andreassen, Marianne Yardley, Elisabeth Bjørkelund, Kristjan Karason, Julia P. Wigh, Christian H. Dall, Finn Gustafsson, Lars Gullestad, Kari Nytrøen

**Correspondence:** Katrine Rolid (corresponding author)

Oslo University Hospital, Rikshospitalet, Oslo, Norway

[katrine.rolid@medisin.uio.no](mailto:katrine.rolid@medisin.uio.no)

Mobile: + 47 41548328

**Clinical trial registration:** This study is registered at ClinicalTrials.gov.

ClinicalTrial.gov identifier NCT01796379.

<https://www.clinicaltrials.gov/ct2/show/NCT01796379>

Katrine Rolid,

PhD student and physiotherapist