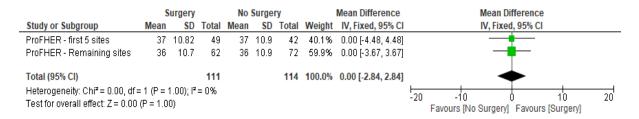
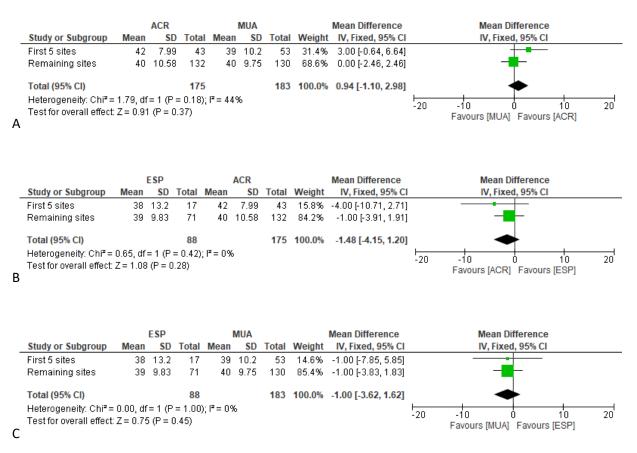


## **Supplementary Material**

## 10.1302/2633-1462.42.BJO-2022-0139



**Fig a.** Forest plot of mean patient outcome, comparing the first five sites opened to the remaining sites of the ProFHER trial. CI, confidence interval; IV, inverse variance; SD, standard deviation.



**Fig ba, bb, bc.** Forest plots of mean patient outcome, comparing the first five sites opened to the remaining sites of the UK FROST trial. ACR, arthroscopic capsular release; CI, confidence interval; ESP, early structured physiotherapy; IV, inverse variance; MUA, manipulation under anaesthesia; SD, standard deviation.