



Supplementary Material

Table i. Postoperative therapeutic regime after ulna shortening osteotomy.

Time	Postoperative regime
Day 0	A plaster cast is applied after surgery (including wrist and/or elbow); Tendon gliding exercises; Sling
Day 10 to 12 (2012 to 2015) Day 3 to 5 (2015 to present day)	Removal of bandage and plaster cast; Thermoplastic wrist orthosis (day and night) or on indication sugar-tong; Tendon-gliding exercises; Start hand therapy 2-3 times weekly
Week 2 to 4	Suture removal; Start scar management; On indication edema control (Coban); Optimization range of motion fingers and thumb (tendon gliding exercises); Start active range of motion palmar flexion and dorsal flexion; Warning: no exercises for pronation and supination; Warning: no heavy load-bearing.
Week 5 to 6	Intensifying active range of motion palmar flexion and dorsal flexion; If applicable, replace sugar-tong with thermoplastic wrist orthosis;

	<p>Warning: no exercises for pronation and supination;</p> <p>Warning: no heavy load-bearing.</p>
Week 7 to 13	<p>Start pronation and supination exercises;</p> <p>Warning: no intensive mobilization in maximal wrist positions;</p> <p>Start wrist exercises for coordination, strength, and stability;</p> <p>Increase load-bearing and functionality;</p> <p>Phase-out orthosis;</p> <p>Warning: no heavy load-bearing.</p>
Month 3 to 6	<p>Intensify range of motion wrist/forearm.</p> <p>Phase-out orthosis during load-bearing activities.</p> <p>Power training, stability training;</p>
Months 7 to 12	<p>On indication optimization of function</p>

Table ii. Demographics and Patient-Rated Wrist and Hand Evaluation (PRWHE) scores between responders and non-responders.

Variable	Responder	Non-responder	p-value
Total, n	66	23	
Mean age, yrs (SD)	46 (13)	47 (13)	0.548
Female sex, n (%)	21 (32)	6 (26)	0.801
Duration of symptoms, median (IQR)	14 [7, 25]	16 [7, 33]	0.899
Type of work, n (%)			0.251
None	20 (30)	11 (48)	
Light	11 (17)	5 (22)	
Medium	19 (29)	5 (22)	
Heavy	16 (24)	2 (9)	
Treatment side = dominant, n (%)	34 (52)	6 (26)	0.062
PRWHE, mean (SD)			
Preoperative total score	63 (19)	66 (16)	0.432
Preoperative pain score	33 (9)	35 (8)	0.420
Preop function score	30 (10)	32 (10)	0.477
12-month total score	30 (25)	36 (16)	0.423
12 months pain score	17 (14)	20 (12)	0.384
12 months function score	13 (12)	16 (15)	0.500

IQR, interquartile range.