

Table S1. Median and (interquartile values) of the passive and active Range of Motion (ROM) of the elbow, the Jebsen Hand Function Test (JHFT) score, the Patient-Rated Elbow Evaluation (PREE) score, the Disabilities of the Arm, Shoulder and Hand (DASH) score, and grip force, presented as percentage of the baseline values (pre-intervention). P values were calculated separately for each group using the Friedman test. Where statistical significance was found, the Wilcoxin post hoc test was applied.

		Research group (N = 9)				Control group (N = 9)			
		<u>1 month after</u>	<u>3 months after</u>	<u>1 year after</u>	<u>p</u>	<u>Immediately after</u>	<u>3 months after</u>	<u>1 year after</u>	<u>p</u>
Passive ROM of the elbow	Flexion	19.4 (26.8)	33.3 (20.9)^c	40.4 (23.5)^b	0.016	20.0 (31.8)	18.3 (25.4)^c	35.7 (41.0)^b	0.021
	Extension	42.8 (71.4)	66.6 (50.0)	83.3 (57.1)	0.311	50.0 (83.3)	68.3 (155.2)	91.7 (23.7)	0.057
	Supination	6.2 (21.4)	12.5 (41.6)	23.1 (22.7)	0.135	0.0 (21.7)	9.1 (12.5)	16.0 (24.2)	0.135
	Pronation	0.0 (19.8)	9.2 (57.3)	12.5 (32.2)	0.144	0.0 (17.2)	5.8 (13.3)	12.5 (22.1)	0.150
Active ROM of the elbow	Flexion	16.7 (38.6)	35.0 (39.5)	33.3 (47.1)	0.072	19.4 (34.3)^{b,c}	20.2 (24.5)^{a,c}	38.5 (30.0)^{a,b}	0.004
	Extension	40.0 (46.1)	50.0 (56.2)	62.5 (54.2)	0.025	37.5 (50.9)	58.3 (85.5)	81.3 (32.1)	0.028
	Supination	12.5 (45.7)	12.5 (48.5)	12.5 (56.6)	0.174	8.3 (28.6)	21.4 (29.2)	12.5 (22.7)	0.150
	Pronation	5.8 (20.6)	12.5 (15.1)	12.5 (25.8)	0.276	5.8 (40.4)	12.5 (50.0)	0.0 (19.2)	0.819
PREE (%)		60.4 (48.8)	42.9 (58.4)	80.0 (65.16)	0.717	7.2 (52.4)^{b,c}	58.8 (67.03)^{a,c}	70.4 (44.7)^{a,b}	0.006
JHFT (%)		15.4 (46.3)	32.1 (26.1)^c	38.9 (31.8)^b	0.018	28.0 (22.9)	24.6 (37.7)^c	43.3 (23.9)^b	0.042
DASH (%)		52.0 (33.17)	59.1 (49.6)	75.0 (50.9)	0.717	35.3 (58.0)^{b,c}	53.6 (58.8)^{a,c}	94.7 (30.8)^{a,b}	0.018
Grip force (%)		55.5 (144.1)	83.9 (87.8)	87.1 (152.1)	0.459	26.9 (74.1)	18.2 (85.4)	36.0 (68.1)	0.438

^a Statistically significant differences with the test performed after 1 month.

^b Statistically significant differences with the test performed after 3 month.

^c Statistically significant differences with the test performed after 1 year.