

Table S5. Subgroup analyses of different treatment modalities on functional outcomes, by time of follow-up.

| Comparisons | Follow-up (months) | Number studies | Grip Strength MD (95% CI) | I ² (%) | p-value | Number studies | DASH MD (95% CI) | I ² (%) | p-value | Number studies | PRWE MD (95% CI) | I ² (%) | p-value |
|-----------------|--------------------|----------------|---------------------------|--------------------|---------|----------------|--------------------------|--------------------|---------|----------------|---------------------------|--------------------|---------|
| VLP / CI | 3 | 6 | 13.9 (4.2, 23.5) | 94.3 | 0.005 | 5 | -5.7 (-8.2, -3.1) | 0 | 0.000 | 5 | -9.2 (-18.1, -0.3) | 87.2 | 0.044 |
| VLP / CI | 12 | 6 | 7.1 (1.1, 13.1) | 84.3 | 0.019 | 7 | -0.6 (-2.1, 0.9) | 57.6 | 0.467 | 5 | -2.7 (-5.8, 0.5) | 38 | 0.094 |
| VLP / CI | 24 | 2 | 6.7 (-1.3, 15.1) | 0 | 0.1 | 1 | -12 (-19.1, -4.9) | NA | 0.001 | 1 | -13 (-20.9, -5.1) | NA | 0.001 |

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|-----------|----|---|------------------------|---|-------|----|-------------------|----|-------|----|----|----|----|
| VLP / PKW | 3 | 4 | 9.9 (3.9, 15.8) | 0 | 0.001 | 3 | -4.7 (-10.4, 0.9) | 0 | 0.103 | NA | NA | NA | NA |
| VLP / PKW | 12 | 3 | -12 (-33.9, 9.9) | 0 | 0.858 | NA | NA | NA | NA | NA | NA | NA | NA |

CI: Confidence interval; MD: Mean difference; NA: Not available; DASH: Disabilities of the Arm, Shoulder and Hand questionnaire; PRWE: Patient-Rated Wrist Evaluation questionnaire. MD **in bold**: statistically significant.