

TABLE E-1 Baseline Patient Characteristics

	Independent Exercise Group	Occupational Therapy Group
Mean age (<i>yr</i>)	48.6	50.7
Sex		
Male	17	16
Female	31	30
AO fracture type (<i>no. of patients</i>)		
Type A	12	13
Type B	5	2
Type C	31	31
Occupation (<i>no. of patients</i>)		
Desk-based work	29	24
Light-duty manual labor	8	12
Heavy-duty manual labor	2	1
Retired	3	5
Unemployed	6	4
Dominant limb (<i>no. of patients</i>)	21	21
Mean time between injury and surgery (<i>days</i>)	7.1	8.7
Initial mean scores* (<i>points</i>)		
DASH	53.4	52.2
VAS Pain	4.0	3.3
VAS Pain-Gain	3.7	3.8
CES-D	16.4	16.6
PASS	64.2	62.5
PCS	69.6	71.0

*DASH = Disabilities of the Arm, Shoulder and Hand questionnaire, VAS = visual analog scale, CES-D = Center for Epidemiologic Studies-Depression questionnaire, PASS = Pain Anxiety Symptoms Scale, and PCS = Pain Catastrophizing Scale.

TABLE E-2 Radiographic Comparison

	Postoperative		Three Months		Six Months	
	Independent Exercise Group	Occupational Therapy Group	Independent Exercise Group	Occupational Therapy Group	Independent Exercise Group	Occupational Therapy Group
Mean volar angulation (<i>deg</i>)	8	6	9	7	8	7
Mean ulnar inclination (<i>deg</i>)	23	23	23	23	23	23
Mean ulnar variance (<i>mm</i>)	1	1	1	1	1	2