

Table E1: Patients Treated Without Hinged External Fixation

Patient	Age	Gender	Side (Dominant)	Pre-operative Motion			Interval Between Injury and Index Surgery (months)	Pre- operative arthrosis	Post- operative arthrosis	Operative Approach	Complications	Repeat Release	Follow-up (months)	Motion After Index Release			Improvement in Flexion Arc
				Flexion	Flexion Contracture	Flexion Arc								Flexion	Flexion Contracture	Flexion Arc	
1	62	M	(R)	40	30	10	15	1	1	Medial		Yes	34	100	20	80	70
2	69	M	(R)	100	70	30	6	0	0	Medial			39	130	20	110	80
3	34	M	(R)	85	45	40	6	0	0	Medial			30	130	10	120	80
4	37	F	(R)	85	45	40	5	0	0	Medial			24	125	10	115	75
5	45	M	L	110	70	40	11	1	1	Medial			27	130	25	105	65
6	42	M	(L)	90	70	20	13	1	1	Lateral		Yes	78	120	60	60	40
7	18	F	(R)	90	50	40	12	0	0	Lateral			94	135	0	135	95
8	20	M	(R)	110	70	40	7	0	0	Lateral		Yes	25	110	35	75	35
9	43	F	(R)	65	45	20	16	0	1	Lateral			50	130	30	100	80
10	71	F	L	105	90	15	8	0	0	Lateral			48	145	20	125	110
11	43	F	L	90	55	35	11	0	0	Lateral			58	140	0	140	105
12	38	M	L	40	40	0	20	1	1	Lateral			48	135	25	110	110
13	36	M	L	90	90	0	8	1	2	Combined			39	120	15	105	105
14	68	F	L	90	70	20	4	0	1	Combined			31	140	30	110	90
15	36	M	L	80	45	35	20	0	1	Combined			35	120	25	95	60
16	46	M	(R)	110	80	30	6	1	1	Combined		Yes	40	130	45	85	55
17	24	M	R	90	75	15	5	0	1	Combined		Yes	55	95	30	65	50
18	52	M	(R)	90	55	35	14	0	1	Combined			30	130	10	120	85
19	40	M	L	90	90	0	6	0	1	Combined			36	120	20	100	100
Average	43			87	62	24	10						43	126	23	103	78
Minimum	18			40	30	0	4						24	95	0	60	35
Maximum	71			110	90	40	20						94	145	60	140	110