

Table 3. Summary data - Details of Studies Included in Review (NA = not available)

Study Author	Study Design	Country of study	Duration (months)	Participants (n)	Diagnostic criteria	Mean Age	% Male	% Female	Type of splint	Duration of continuous splint wear (weeks)
Ayhan et al 2021	Prospective cohort study	Turkey	6	46	Mallet finger	39.8	50	50	Stack splint	6
Grubhofer et al 2019	Prospective observational study.	Switzerland	NA	50	Rotator cuff injury	56	66	34	Postoperative immobilisation in an abduction shoulder brace	6
Kaskutas and Powell 2013	Qualitative	USA	NA	19	Flexor tendon injury	35	47.4	52.6	Synergistic orthosis with hinged wrist (reports this as most common but doesn't give a breakdown on this)	7.2
Kolmus et al 2012	RCT	Australia	24	52	Axilla burn	NA	65.4	34.6	Otto Bock Omo Immobiliser shoulder splint	6
Loewenstein et al 2022	RCT	USA	12	24	Fractures of the hand or wrist operative treatment	37.5	70.8	29.2	Standard care (postoperative care based on the treating surgeon's clinical judgement)	NA
Mercurio et al 2023	Prospective cohort study	Italy	36	100	Rotator cuff injury	60.9	55	45	Shoulder abduction brace	4
Mottay 2020	Mixed methods	South Africa	47	75	Extensor tendon repairs zone repairs 5 to 7 1 or 2 digits	NA	83	17	Relative motion extension splint	NA

O'Brien and Presnell 2010	Qualitative	Australia	3	12	Intraarticular fracture of finger	31.83	50	50	Distraction splint	6
O'Brien and Bailey 2011	RCT	Australia	46	64	Mallet finger	37.6	65.6	34.4	Stack splint (control), dorsal aluminium, or custom thermoplastic	8
Roh et al 2016	Prospective cohort study	South Korea	21	72	Mallet finger	39.4	68	32	Volar-padded aluminium orthosis	7
Savaş and Aydoğan, 2022	Prospective cohort study	Turkey	15	133	Flexor or extensor tendon injury	38.2	75.2	33	Static and dynamic flexor and extensor tendon splints	3
Silverio and Cheung 2014	Prospective cohort study	USA	26	50	Rotator cuff injury	64	44.4	55.6	Abduction brace	6
Mortazavi et al 2023	Prospective cohort study	Sweden	36	86	Proximal phalanx fractures	49	33	67	Hand Based POSI	6
Weir et al 2023	Prospective cohort study	USA	26	65	Post-surgical shoulder procedures	59	49.2	50.8	Shoulder sling	4
Cole et al 2023	Qualitative	Australia	3	3	Finger injuries	35	33.3	66.6	Relative motion Orthosis	4-8 weeks
Azad et al 2023	Prospective cohort study	USA	Not Stated	45	Soft tissue mallet injuries	51	65	35	Dorsal extension splint	6 weeks