Original Article Volar locking plate fixation versus Kirschner wire fixation in distal radius fractures: a meta-analysis

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Received January 21, 2016; Accepted May 12, 2016; Epub August 15, 2016; Published August 30, 2016

Abstract: Objective: The superiority of volar locking plate fixation and K-wire fixation on treatment of distal radius fractures was controversial. Thus, we performed a meta-analysis to compare the efficacy of volar locking plate and K-wires for distal radius fracture. Methods: We searched Embase, Medline and PubMed for randomized controlled trials which compare the effects of volar locking plate and K-wire on treatment of distal radius fracture. Data analysis was performed by using the RevMan5. Results: Six studies met the inclusion criteria. The meta-analysis results showed volar locking plate fixation led to better DASH scores at 3 and 12 months, faster recovery of grip strength, extension and supination at 3 months. But there was no significant difference at 12 months in term of functions and motions recovery. Complications of the two methods were similar. Conclusion: The patients receiving fixation with volar locking plate for the treatment of distal radius fracture achieved an early recovery of function compared to those with K-wire.

Keywords: Distal radius fractures, fracture fixation, internal, volar locking plate, kirschner wire, meta-analysis

Introduction

Distal radius fracture is one of the most common orthopedic injuries, which occurs in a proportion of approximate 25% [1]. It affects all age groups and is more common in older patients especially those with osteoporosis [2].

Therapeutic alternatives for distal radius fracture included surgical and non-surgical treatment. Non-surgical treatment is used if the bone fragments can be held in anatomical alignment by a plaster cast or orthotic device. If this is not possible, surgical fixation is performed. External fixation (EF) with Kirschner (K)-wire has historically been used for distal radius fractures [3-5]. More recently, internal fixation (IF) with a volar locking plate is becoming popularity and trends to replace K-wire fixation [6]. Favorers suggest that internal fixation with a volar locking plate results in a rapid functional recovery. However, the others favor K-wire because it is less expensive and has smaller surgical trauma with shorter operation time. To data, the therapeutic option for distal radius fractures is still controversial.

Recently, some meta-analyses of randomized controlled trials (RCTs) have compared EF with IF for treatment of distal radius fractures [7-9]. Those studies compared different types of plate fixations with K-wire fixation or other EFs. There was still lack of study directly comparing volar locking plate with K-wire. Thus, we performed this meta-analysis to evaluate clinical outcomes comparing volar locking plate fixation.

Materials and methods

Search strategy and inclusion criteria

We searched Embase, Medline and PubMed for RCTs from January 1990 to August 2014. The key words "distal radius fracture" with the limits "randomized controlled trial" were used in screening relevant citations. Language restriction was not imposed in our search. The inclusion criteria were: (1) the studies were random-

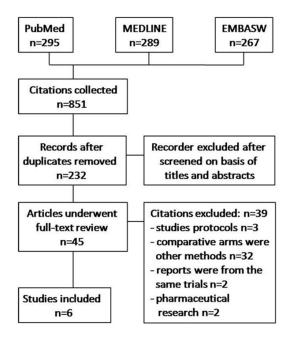


Figure 1. Flow diagram of the studies identified.

ized controlled trials on patients with distal radius fractures; (2) the studies compared volar locking plate with Kirschner wire; (3) the fellow up was above 12 months.

Data extraction and quality assessment

The following information from each study was extracted independently by two reviewers: first author name; year of publication; number of patients; the disabilities of arm, shoulder, and hand (DHAS) score; patient rated wrist evaluation (PRWE) score; grip strength; range of motion; number of complications. The complications during the 12 months follow up were analyzed. The Jadad score was used to assess the quality of the included studies [10]. The studies with score no less than 3 were regarded as high quality RCTs, while studies with score less than 3 were defined as low quality RCTs.

Data analysis

We measured the primary outcome DASH and PRWE scores and the outcomes of grip strength, forearm range of motion and complication parameters. Data analysis was performed by using the RevMan5. For each individual study, dichotomous data were reported as odds ratio (OR) with 95% CI and continuous data were reported as weighted mean difference (WMD) with 95% CI. Heterogeneity between studies was assessed by I-square test. A significant level of no less than 50% for I-square test was considered as evidence of heterogeneity. Fix effect model was used when there was no evidence of heterogeneity, otherwise random effect model was chosen. To evaluate the stability of the results of this meta-analysis, we performed a one-way sensitivity analysis, in which we evaluated the influence of individual studies by estimating the average relative risk in the absence of each study [11].

Results

Search results and characteristics

A total of 851 citations were obtained via database searches; six met the inclusion criteria for this study (**Figure 1**). A total of 820 patients with distal radius fractures were involved in this study, in which 409 patients were treated with volar locking plates, and 411 patients were treated with K-wires. The information in these citations is summarized in **Table 1**. Because of the obvious nature of intervention, it is impossible to perform double blind. All 6 studies have been assessed by Jadad score system with score no less than 3 (**Table 1**).

Comparison of the effects of volar locking plate and K-wire on PRWE and DHAS score

The results showed the volar locking plate had better DASH scores at 3 and 12 months (**Table 2**; <u>Supplementary Figure 1</u>). The sensitivity analysis showed the results were robust (**Table 2**). We also compared the volar locking plate and K-wire on PRWE scores. At 12 months, the scores were not statistically different (<u>Supplementary Figure 2</u>; **Table 2**).

Comparison of the effects of volar locking plate and K-wire on grip strength and range of motion

Grip strength analysis at 3 months showed that there was a significant difference favoring volar locking plate over K-wire, but the difference neutralized over time; at 12 months the scores were not statistically significant different (**Table 3**; <u>Supplementary Figure 3</u>).

The data of range of motion were extracted from 3 to 5 studies. A significant difference in extension and supination was found in favor of

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Study	Age	No. of patients (VLP/K-W)	Fracture types	Classification of fractures	Follow up
Egol et al. 2008 [12]	18-87	44/44	Unstable distal radial fractures	AO type A, B, C	12
Rozental et al. 2009 [13]	19-79	23/21	Unstable distal radial fractures	AO type A2, A3, C1, C3	12
Wei et al. 2009 [14]	> 18	12/22	Unstable distal radial fractures	AO type A3, C1, C2, C3	12
Wilcke et al. 2011 [15]	20-69	33/30	Dorsally displaced distal radius fracture	AO type A, C	12
Karantana et al. 2013 [16]	18-73	66/64	Displaced distal radial fractures	AO type A3, C2, C3	12
Costa et al. 2014 [17]	> 18	231/230	Dorsally displaced distal radius fracture	AO type A, B, C	12

Table 1. Main characteristics of the included studies

Table 2. Comparison of volar locking plate and K-wire regarding the PRWE and DHAS

	Time	Study	VLP	K-wire	WMD (95% CI)	P-value	Favored	Credibility
PRWE	3 M	2	242	239	-9 (-23.3, 5.4)	0.22		Not robust
	12 M	2	228	231	-1.8 (-4.8, 1.2)	0.23		Robust
DASH	3 M	5	169	172	-15.9 (-22.3, -9.5)	< 0.0001	VLP	Robust
	12 M	6	368	376	-5.3 (-8.7, -1.9)	0.002	VLP	Robust

Table 3. Comparison of volar locking plate and K-wire regarding the grip strength

	Time	Study	VLP	K-wire	WMD (95% CI)	P-value	Favored	Credibility
Grip strength	3 M	4	148	151	15.4 (7.1, 23.6)	0.0003	VLP	Robust
	12 M	4	149	154	6.1 (-2.5, 14.7)	0.17		Not robust

Table 4. Comparison of volar locking plate and K-wire regarding the range of motion

Time		Study	VLP	K-wire	WMD (95% CI)	P-value	Favored	Sensitivity analysis
3 M	Flexion	5	169	172	4.3 (-0.5, 9.1)	0.08		Robust
	Extension	5	169	172	10.5 (3.1, 17.8)	0.005	VLP	Robust
	Supination	5	169	172	10 (3.2, 16.7)	0.004	VLP	Robust
	Pronation	5	169	172	7.3 (0.8, 13.9)	0.03		Not robust
	Ulnar deviation	4	103	108	2.6 (-2.5, 7.7)	0.32		Robust
	Radial deviation	4	103	108	8.5 (-11.1, 28)	0.4		Robust
12 M	Flexion	5	170	175	0.12 (-2.8, 3)	0.94		Robust
	Extension	5	170	175	0.9 (-2.6, 4.4)	0.61		Robust
	Supination	5	170	175	-0.9 (-2.9, 1.1)	0.38		Robust
	Pronation	5	170	175	0.5 (-0.8, 1.8)	0.43		Not robust
	Ulnar deviation	4	104	106	2.6 (-0.4, 5.6)	0.09		Not robust
	Radial deviation	4	104	106	1.2 (-3.3, 5.7)	0.6		Robust

volar locking plate at 3 months postoperatively (**Table 4**; <u>Supplementary Figure 4</u>). However, the range of motion of two therapies was similar at 12 months.

Meta-analysis of complications

All the included studies had reports of total surgical complications. Meta-analysis results showed that there was no significant difference between volar locking plate and K-wire at 12 months (OR = 0.76, 95% CI 0.54 to 1.08; P = 0.12) (Figure 2).

3

Sensitivity analysis and publication bias

Sensitivity analysis showed the outcomes of PRWE score and pronation at 3 months and grip strength, pronation and ulnar deviation at 12 months were not robust, which suggested the result was not credible. The funnel plot based on studies with data on total complica-

	volar locking	plate	k-wir	е		Odds Ratio	Odds Ratio	
Study or Subgroup	Events	Total	Events	Total	Weight	M-H, Fixed, 95% Cl	M-H, Fixed, 95% Cl	
Costa 2014	41	228	39	229	42.5%	1.07 [0.66, 1.73]	_	
Egol 2008	8	39	7	38	7.5%	1.14 [0.37, 3.54]	•	
Karantana 2013	16	66	27	64	27.6%	0.44 [0.21, 0.93]	· · · · ·	
Rozental 2009	2	21	6	21	7.2%	0.26 [0.05, 1.50]		
Wei 2009	2	12	4	22	3.1%	0.90 [0.14, 5.81]	· · · · · · · · · · · · · · · · · · ·	
Wilcke 2011	7	33	11	30	12.1%	0.47 [0.15, 1.42]		
Total (95% CI)		399		404	100.0%	0.76 [0.54, 1.08]	•	
Total events	76		94					
Heterogeneity: Chi ² =	6.68, df = 5 (P	= 0.25);	I ² = 25%					+
Test for overall effect	Z = 1.54 (P = 0	1.12)					0.05 0.2 1 5	20

Figure 2. Comparison of the effects of volar locking plate and K-wire on complications.

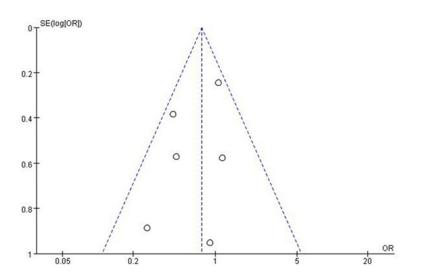


Figure 3. Funnel plot to assess publication bias in the meta-analysis.

tion was symmetrical, which indicated that there was no publication bias in our study (**Figure 3**).

Discussion

Our results indicated fixation with volar locking plate had a better DASH scores than K-wire fixation at either time point. The possible explanations are that volar locking plates have superior biomechanical properties with impact stiffness supporting the physiological loads placed on the wrist joint [18]. However, there was no evidence of a significant difference in PRWE score between the treatment groups at 12 months.

Volar locking plate fixation led to an earlier recovery of grip strength at 3 months after operation. But there was no significant difference between the two groups at 12 months. Our data also indicated that volar locking plate restored better extension and supination at 3 months, while these differences were not present at 12 months.

According to our meta-analysis results, volar locking plate fixation and K-wire fixation have a similar rate of total complications. The result was consistent with the previous meta-analysis (Xie et al. 2013) comparing internal and external fixation of distal radius fractures [7].

Significant heterogeneity was observed in this study. The heterogeneity may be caused by the different technical pro-

ficiency of surgeons and different types of distal radius fractures. Since the sample size of some RCTs was small, patient age was considered as another source of heterogeneity. Previous study indicated that in patients sixtyfive years of age or older, surgery could not give any improvement in terms of the range of motion, PRWE and DASH scores [19]. We are unable to perform a subgroup analysis for different age to identify possible source of heterogeneity, because none of the included study reported outcomes of volar locking plate fixation and K-wire fixation according to different age group.

There are some limitations in our study. Firstly, the study designs of the included trails were slightly different. For example, Rozental et al. study and Karantana et al. study reported outcome of range of motion at 3 months, while the others at 3 months. However, these trails were analyzed together. The outcomes at 3 and 6 months were not analyzed in our meta-analysis, because the data were only given by a few studies. Secondly, the small sample size of the included trails may also increase the uncertainty of the results. Thirdly, we did not perform a pool analysis on activities of daily living and vocational function due to the limited number of trails.

In conclusion, the patient receiving fixation with volar locking plate for treatment of distal radius fractures achieved an early recovery of function compared to those with K-wire. However, there was no significant difference at 12 months. The number of complications between the two treatments was similar. The volar locking plate fixation may be of advantage to some patients requiring a faster recovery of function after surgery. In addition, large-size sample randomized controlled trials are needed to identify our findings.

Acknowledgements

This work was supported by National Natural Science Foundation of China (81201367), Key Discipline Construction Project of Pudong Health Bureau of Shanghai (PWZx2014-09), Shanghai Municipal Natural Science Foundation (10ZR1427700).

Disclosure of conflict of interest

None.

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	volar lo	cking pl	ate	k-	wires			Mean Difference		Me	an Differe	nce	
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% Cl		IV, R	andom, 9	5% CI	
1.1.1 3 month													
Costa 2014	31.6	21.4	211	33.9	23.2	212	31.0%	-2.30 [-6.55, 1.95]			-		
Wilcke 2011	14	16.9	31	31	21.4	27	14.2%	-17.00 [-27.03, -6.97]		-	_		
Subtotal (95% CI)			242			239	45.2%	-8.92 [-23.25, 5.41]					
Heterogeneity: Tau ² =	92.60; CI	hi² = 7.00), df = 1	(P = 0.	008); F	² = 86%	5						
Test for overall effect:	Z=1.22 ((P = 0.22))										
1.1.3 12 month													
Costa 2014	13.9	17.1	195	15.3	15.8	201	34.8%	-1.40 [-4.65, 1.85]			+		
Wilcke 2011	11	14.1	33	15	16.1	30	20.0%	-4.00 [-11.51, 3.51]			-		
Subtotal (95% CI)			228			231	54.8%	-1.81 [-4.79, 1.17]			•		
Heterogeneity: Tau ² =	0.00; Chi	² = 0.39,	df = 1	(P = 0.5)	3); ² =	0%							
Test for overall effect:	Z=1.19 (P = 0.23)										
Total (95% CI)			470			470	100.0%	-4.42 [-9.07, 0.23]			•		
Heterogeneity: Tau ² =	13.46; CI	hi² = 8.57	, df = 3	B(P = 0.1)	04); l ² :	= 65%			-	1		-	
Test for overall effect:									-50	-25	0	25	50
Test for subgroup diff				1 (P =	0.34).	$l^2 = 0\%$							

Supplementary Figure 1. Comparison of volar locking plate and K-wire regarding the PRWE score.

	volar lo	ocking p	late	k-	wires			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
1.2.1 3 month									
Egol 2008	19.5	20.1	39	25.4	21.1	38	8.3%	-5.90 [-15.11, 3.31]	
Karantana 2013	41	21	66	52	20	64	9.7%	-11.00 [-18.05, -3.95]	
Rozental 2009	27	17	21	53	28	21	5.6%	-26.00 [-40.01, -11.99]	←
Wei 2009	7	5	12	29	18	22	9.1%	-22.00 [-30.04, -13.96]	
Wilcke 2011	9	8.5	31	27	17.4	27	9.6%	-18.00 [-25.21, -10.79]	
Subtotal (95% CI)			169			172	42.3%	-15.89 [-22.26, -9.51]	◆
Heterogeneity: Tau ² =	32.37; C	hi² = 10.	87, df =	4 (P = 0	0.03); F	= 63%			
Test for overall effect:	Z= 4.89	(P < 0.00	0001)						
1.2.3 12 month									
Costa 2014	13	15.6	195	16.2	17.9	201	12.1%	-3.20 [-6.50, 0.10]	
Egol 2008	13	30.9	39	17.2	33.7	38	5.4%	-4.20 [-18.65, 10.25]	
Karantana 2013	9	12	66	12	15	64	11.3%	-3.00 [-7.68, 1.68]	
Rozental 2009	4	8	23	9	18	21	8.8%	-5.00 [-13.36, 3.36]	
Wei 2009	4	5	12	18	14	22	10.1%	-14.00 [-20.50, -7.50]	
Wilcke 2011	7	9.8	33	11	16.1	30	10.0%	-4.00 [-10.66, 2.66]	
Subtotal (95% CI)			368			376	57.7%	-5.29 [-8.69, -1.89]	•
Heterogeneity: Tau ² =	7.60; Ch	i ² = 9.22	, df = 5	(P = 0.1)	0); l ² =	46%			
Test for overall effect:	Z = 3.05	(P = 0.00)	02)						
Total (95% CI)			537			548	100.0%	-9.95 [-14.35, -5.55]	◆
Heterogeneity: Tau ² =	38.88; C	hi ² = 43.	92, df =	10 (P <	0.000	01); I ² =	: 77%		-20 -10 0 10 20
Test for overall effect:	Z= 4.43	(P < 0.00	0001)						-20 -10 0 10 20
Test for subgroup diff	erences:	Chi ² = 8	.27. df=	= 1 (P =	0.004)	I ² = 87	.9%		

Supplementary Figure 2. Comparison of volar locking plate and K-wire regarding the DHAS score.

	volar lo	ocking p	late	k-	wires			Mean Difference	Mean Difference
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI
3.1.1 3 month									
Egol 2008	36	15.2	39	29	17.5	38	16.5%	7.00 [-0.33, 14.33]	-
Karantana 2013	65	26	66	45	22	64	15.4%	20.00 [11.73, 28.27]	-
Wei 2009	60	16	12	49	10	22	13.6%	11.00 [1.03, 20.97]	-
Wilcke 2011	72	22.6	31	46	24.1	27	11.5%	26.00 [13.92, 38.08]	
Subtotal (95% CI)			148			151	56.9%	15.37 [7.11, 23.62]	•
Heterogeneity: Tau ² =	48.11; C	hi² = 9.6	6, df = 3	P = 0.	02); I ² :	= 69%			
Test for overall effect:	Z = 3.65	(P = 0.00	003)						
3.1.3 12 month									
Egol 2008	85	27.5	39	100	57	38	6.2%	-15.00 [-35.07, 5.07]	
Karantana 2013	95	22	66	84	19	64	16.8%	11.00 [3.94, 18.06]	-
Wei 2009	75	25	12	69	34	22	6.2%	6.00 [-14.05, 26.05]	
Wilcke 2011	94	22.6	32	85	16.1	30	13.8%	9.00 [-0.72, 18.72]	-
Subtotal (95% CI)			149			154	43.1%	6.08 [-2.53, 14.69]	•
Heterogeneity: Tau ² =	35.10; C	hi ² = 5.8	1, df = 3	P = 0.	12); I ²	= 48%			
Test for overall effect:	Z=1.38	(P = 0.1)	7)						
Total (95% CI)			297			305	100.0%	11.24 [5.33, 17.15]	◆
Heterogeneity: Tau ² =	41.19; C	hi ² = 18.	29, df=	7 (P = ().01); F	² = 629	6		
Test for overall effect:	Z= 3.73 ((P = 0.0)	002)						-100 -50 0 50 1
Test for subgroup diff	ferences:	$Chi^2 = 2$.33, df =	1 (P=	0.13),	² = 57.	1%		

Supplementary Figure 3. Comparison of volar locking plate and K-wire regarding the grip strength.

							Mean Difference	Mean Difference
Mean	SD	Total	Mean	SD	Total	weight	IV, Random, 95% CI	IV, Random, 95% Cl
		100000						
		66			64		1.00 [-5.36, 7.36]	+
58		21	55		21	3.4%	3.00 [-6.85, 12.85]	
63	27	12	73	20	22	2.0%	-10.00 [-27.41, 7.41]	
81	11.3	31	71	16.1	27	4.0%	10.00 [2.74, 17.26]	
		169			172	17.8%	4.32 [-0.46, 9.10]	•
			(P = 0.	15); I²:	= 40%			
72	8.1	39	61	17.4	38	4.3%	11.00 [4.91, 17.09]	
								+
04	10.0		00	20.0				•
46 38 C	hi ² = 13 P		4 (P = 1	0.000			10110 [0111, 11110]	-
			40-0		1 - 71	~		
81	21.8	39	71	23.2	38	3.3%	10.00 [-0.06, 20.06]	
91	16	66	89	15	64	4.5%	2.00 [-3.33, 7.33]	+
84	13	21	72	26	21	2.8%	12.00 [-0.43, 24.43]	
89	14	12	79	16	22	3.3%	10.00 [-0.37, 20.37]	
95	9.9	31	76	22.8	27	3.5%		· · · · ·
		169			172	17.4%	9.95 [3.23, 16.67]	•
35.85: C	hi ² = 10.9	4. df =	4(P = 0)	0.03): P	= 63%	6		
Z = 2.90	(P = 0.00	4)						
94	10.2	39	82	16.3	38	4.3%	12.00 [5.91, 18.09]	
80	17	66	65	28	64	3.8%	15.00 [7.01, 22.99]	
85	11	21	80	20	21	3.4%	5.00 [-4.76, 14.76]	
91	12	12	96	7	22	4.0%	-5.00 [-12.39, 2.39]	
98	5.6	31	89	13.4	27	4.4%	9.00 [3.57, 14.43]	+
		169			172	20.0%	7.34 [0.80, 13.88]	•
			4 (P = (0.002);	² = 76	96		
67	9.2	39	66	8.9	38	4.7%	1.00 [-3.04, 5.04]	+
35	6	21	30	8	21	4.7%	5.00 [0.72, 9.28]	
76	7	12	81	18	22	3.7%	-5.00 [-13.50, 3.50]	
89	22.6	31	74	30.8	27	2.5%	15.00 [0.92, 29.08]	
2.5)	1000	103		NAME OF	108	15.6%	2.60 [-2.53, 7.73]	*
			8 (P = 0.	05); l² :	= 62%			
60	20.4	20	20	0.5	20	4.4.00	20.00 (22.02.27.00)	
89	25.4		75	53.6				
							8.46 [-11.07, 27.99]	
			= 3 (P <	0.000	U1); I [≠] =	= 93%		
							7 07 14 00 40 401	
		882			904	100.0%	7.37 [4.28, 10.46]	•
48.30° C	hi² = 118		= 27 (P	< 0 0.0			7.37 [4.28, 10.46]	-50 -25 0 25 50
	Mean 67 73 68 63 81 11.50; C 72 79 58 78 46.38; C 72 79 58 84 91 92 35.85; C 72 94 80 85 91 98 41.67; C 76 89 15.21; C 62 89 347.03; 0	Mean SD 67 14.5 73 19 58 13 63 27 81 11.3 11.50; Chi [#] = 6.69 Z = 1.77 (P = 0.08) 72 8.1 79 17 58 14 78 18 84 16.9 46.38; Chi [#] = 13.6 Z = 2.80 (P = 0.00 81 21.8 91 16 84 13 89 14 95 9.9 35.85; Chi [#] = 10.9 Z Z = 2.90 (P = 0.00 94 10.2 80 17 85 11 91 12 98 5.6 41.67; Chi [#] = 16.9 Z = 2.20 (P = 0.03) 67 9.2 67 7.89 22.6 15.21; Chi [#] = 7.86 Z = 0.99 (P = 0.32) 69 69 20.	$\begin{array}{cccccccccccccccccccccccccccccccccccc$	Mean SD Total Mean 67 14.5 39 60 73 19 66 72 58 13 21 55 63 27 12 73 81 11.3 31 71 169 11.50; Chi [#] = 6.69, df = 4 (P = 0. 2 = 1.77 (P = 0.08) 72 8.1 39 61 79 17 66 78 58 14 21 48 78 18 12 69 84 16.9 31 59 46.38; Chi [#] = 13.61, df = 4 (P = 0 2 = 2.80 (P = 0.005) 169 84 13 21 72 89 14 12 79 95 9.9 31 76 35.85; Chi [#] = 10.94, df = 4 (P = 0 2 = 2.90 (P = 0.004) 169 41.67; Chi [#] = 16.96, df = 4 (P = 0 2 = 2.90 (P = 0.03) 169 41.67; Chi [#] = 16.96, df = 3 (P = 0 2 = 2.20 (P = 0.03) 169<	Mean SD Total Mean SD 67 14.5 39 60 14.4 73 19 66 72 18 58 13 21 55 19 63 27 12 73 20 81 11.3 31 71 16.1 169 11.50; Chi [#] = 6.69, df = 4 (P = 0.15); I [#] = 2 2 177 72 8.1 39 61 17.4 79 17 66 78 20 58 14 21 48 18 72 8.1 39 61 17.4 79 17 66 78 20 58 14 21 48 18 78 18 12 69 23 84 16.9 31 59 26.8 71 16 66 89 15 84 13 21 79 <td>Mean SD Total Mean SD Total 67 14.5 39 60 14.4 38 73 19 66 72 18 64 58 13 21 55 19 21 63 27 12 73 20 22 81 11.3 31 71 16.1 27 11.50; Chi[#] = 6.69, df = 4 (P = 0.15); P = 40% Z 2 177 169 17.4 38 79 17 66 78 20 64 58 14 21 48 18 21 78 18 20 64 58 14 21 48 18 21 72 84 16.9 31 59 26.8 27 46.38; Chi[#] = 13.61, df = 4 (P = 0.009); P = 71 Z 26 21 89 14 12 79 16 22 95 9.9 31 76</td> <td>Mean SD Total Mean SD Total Weight 67 14.5 39 60 14.4 38 4.2% 73 19 66 72 18 64 4.2% 68 13 21 55 19 21 3.4% 63 27 12 73 20 22 2.0% 81 11.3 31 71 16.1 27 4.0% 72 8.1 39 61 17.4 38 4.3% 79 17 66 78 20 64 4.2% 58 14 21 48 18 21 3.4% 78 18 12 69 23 22 2.5% 84 16.9 31 59 26.8 27 3.0% 71 28.2 39 71 23.2 38 3.3% 91 16 66 <td< td=""><td>Mean SD Total Mean SD Total Weight N. Random, 95% C1 67 14.5 39 60 14.4 38 4.2% 7.00 [0.54, 13.46] 73 19 66 72 18 64 4.2% 1.00 [-5.36, 7.36] 63 27 12 73 20 22 2.0% -10.00 [-27.41, 7.41] 11 31 71 16.1 27 4.0% 10.00 [2.74, 17.26] 150; Chi# = 6.69, df = 4 (P = 0.15); P = 40% 2 2.2 5% 9.00 [-5.03, 7.39] 78 18 12 69 23 22 2.5% 9.00 [-5.00, 23.00] 84 16.9 31 59 2.6.8 27 3.0% 25.00 [13.27, 36.73] 169 172 17.4% 10.00 [-0.06, 20.06] 3.143 10.45 [3.14, 17.76] 46.38; Chi# = 13.81, df = 4 (P = 0.009); P = 71% 2 2.80 12.00 [-0.43, 24.43] 89 14 2.79 16 22 3.3%</td></td<></td>	Mean SD Total Mean SD Total 67 14.5 39 60 14.4 38 73 19 66 72 18 64 58 13 21 55 19 21 63 27 12 73 20 22 81 11.3 31 71 16.1 27 11.50; Chi [#] = 6.69, df = 4 (P = 0.15); P = 40% Z 2 177 169 17.4 38 79 17 66 78 20 64 58 14 21 48 18 21 78 18 20 64 58 14 21 48 18 21 72 84 16.9 31 59 26.8 27 46.38; Chi [#] = 13.61, df = 4 (P = 0.009); P = 71 Z 26 21 89 14 12 79 16 22 95 9.9 31 76	Mean SD Total Mean SD Total Weight 67 14.5 39 60 14.4 38 4.2% 73 19 66 72 18 64 4.2% 68 13 21 55 19 21 3.4% 63 27 12 73 20 22 2.0% 81 11.3 31 71 16.1 27 4.0% 72 8.1 39 61 17.4 38 4.3% 79 17 66 78 20 64 4.2% 58 14 21 48 18 21 3.4% 78 18 12 69 23 22 2.5% 84 16.9 31 59 26.8 27 3.0% 71 28.2 39 71 23.2 38 3.3% 91 16 66 <td< td=""><td>Mean SD Total Mean SD Total Weight N. Random, 95% C1 67 14.5 39 60 14.4 38 4.2% 7.00 [0.54, 13.46] 73 19 66 72 18 64 4.2% 1.00 [-5.36, 7.36] 63 27 12 73 20 22 2.0% -10.00 [-27.41, 7.41] 11 31 71 16.1 27 4.0% 10.00 [2.74, 17.26] 150; Chi# = 6.69, df = 4 (P = 0.15); P = 40% 2 2.2 5% 9.00 [-5.03, 7.39] 78 18 12 69 23 22 2.5% 9.00 [-5.00, 23.00] 84 16.9 31 59 2.6.8 27 3.0% 25.00 [13.27, 36.73] 169 172 17.4% 10.00 [-0.06, 20.06] 3.143 10.45 [3.14, 17.76] 46.38; Chi# = 13.81, df = 4 (P = 0.009); P = 71% 2 2.80 12.00 [-0.43, 24.43] 89 14 2.79 16 22 3.3%</td></td<>	Mean SD Total Mean SD Total Weight N. Random, 95% C1 67 14.5 39 60 14.4 38 4.2% 7.00 [0.54, 13.46] 73 19 66 72 18 64 4.2% 1.00 [-5.36, 7.36] 63 27 12 73 20 22 2.0% -10.00 [-27.41, 7.41] 11 31 71 16.1 27 4.0% 10.00 [2.74, 17.26] 150; Chi# = 6.69, df = 4 (P = 0.15); P = 40% 2 2.2 5% 9.00 [-5.03, 7.39] 78 18 12 69 23 22 2.5% 9.00 [-5.00, 23.00] 84 16.9 31 59 2.6.8 27 3.0% 25.00 [13.27, 36.73] 169 172 17.4% 10.00 [-0.06, 20.06] 3.143 10.45 [3.14, 17.76] 46.38; Chi# = 13.81, df = 4 (P = 0.009); P = 71% 2 2.80 12.00 [-0.43, 24.43] 89 14 2.79 16 22 3.3%

3

Study or Subarous	Mean	ocking p SD			wires	Total	Weight	Mean Difference	Mean Difference
Study or Subgroup 2.3.1 Flexion	medn	50	TUTAL	Mean	30	Total	weight	IV, Fixed, 95% CI	IV, Fixed, 95% Cl
				~ .					
Egol 2008	82	13.3	39	84	9.7	38	3.0%	-2.00 [-7.19, 3.19]	
<arantana 2013<="" td=""><td>88</td><td>19</td><td>66</td><td>87</td><td>16</td><td>64</td><td>2.2%</td><td>1.00 [-5.03, 7.03]</td><td></td></arantana>	88	19	66	87	16	64	2.2%	1.00 [-5.03, 7.03]	
Rozental 2009	68	14	21	72	15	21	1.1%	-4.00 [-12.78, 4.78]	
Vei 2009	89	13	12	91	8	22	1.3%	-2.00 [-10.08, 6.08]	
Vilcke 2011	89	8.5	32	83	16.1	30	2.0%	6.00 [-0.47, 12.47]	
Subtotal (95% CI)			170			175	9.5%	0.12 [-2.81, 3.05]	+
Heterogeneity: Chi ² =	5.01, df =	4 (P = 0	.29); 12:	= 20%					
Test for overall effect:	Z = 0.08	(P = 0.94))						
0.05									
2.3.2 Extension		11.1							
gol 2008	87	13.1	39	90	13.5	38	2.3%	-3.00 [-8.94, 2.94]	
Karantana 2013	93	17	66	93	18	64	2.3%	0.00 [-6.02, 6.02]	
Rozental 2009	64	17	21	66	20	21	0.6%	-2.00 [-13.23, 9.23]	
Vei 2009	92	23	12	81	15	22	0.4%	11.00 [-3.44, 25.44]	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
Vilcke 2011	94	11.3	32	85	21.4	30	1.1%	9.00 [0.40, 17.60]	
Subtotal (95% CI)			170			175	6.7%	0.90 [-2.59, 4.39]	+
leterogeneity: Chi ² =	7.28, df=	4 (P = 0	.12); F	= 45%					
est for overall effect:	Z = 0.50	(P = 0.61)						
22 Cumination									
2.3.3 Supination					10.0			1001000 0000	
gol 2008	95	9.3	39		10.3	38	4.2%	-4.00 [-8.39, 0.39]	
<arantana 2013<="" td=""><td>95</td><td>10</td><td>66</td><td>96</td><td>7</td><td>64</td><td>9.3%</td><td>-1.00 [-3.96, 1.96]</td><td>-</td></arantana>	95	10	66	96	7	64	9.3%	-1.00 [-3.96, 1.96]	-
Rozental 2009	88	5	21	87	9	21	4.2%	1.00 [-3.40, 5.40]	
Vei 2009	92	10	12	96	6	22	2.1%	-4.00 [-10.19, 2.19]	
Vilcke 2011	99	4.2	32	89	22.8	30	1.2%	10.00 [1.71, 18.29]	
Subtotal (95% CI)			170			175	21.1%	-0.89 [-2.85, 1.08]	•
Heterogeneity: Chi ² =	10.25, df	= 4 (P =	0.04); F	² = 61%					
Fest for overall effect:									
2.3.4 Pronation									
Egol 2008	100	6.7	39	95	5.7	38	10.6%	5.00 [2.22, 7.78]	
<arantana 2013<="" td=""><td>95</td><td>8</td><td>66</td><td>98</td><td>6</td><td>64</td><td>13.9%</td><td>-3.00 [-5.43, -0.57]</td><td></td></arantana>	95	8	66	98	6	64	13.9%	-3.00 [-5.43, -0.57]	
Rozental 2009	88	4	21	88	4	21	14.0%	0.00 [-2.42, 2.42]	+
Vei 2009	100	3	12	100	6	22	8.9%	0.00 [-3.03, 3.03]	-
Vilcke 2011	99	2.8	32	92	17.4	30	2.1%	7.00 [0.70, 13.30]	
Subtotal (95% CI)			170			175	49.4%	0.52 [-0.76, 1.81]	•
Heterogeneity: Chi ² =	22 44 df	= 4 (P =) IZ = 83	2%				
Test for overall effect:									
2.3.5 Ulnar deviation									
gol 2008	78	9.4	39	79	7.4	38	5.7%	-1.00 [-4.77, 2.77]	
Rozental 2009	40	11	21	32	7	23	2.7%	8.00 [2.49, 13.51]	
Vei 2009	100	33	12	91	12	12	0.2%	9.00 [-10.87, 28.87]	
Vilcke 2011	96	25.4	32	83	28.1	33	0.5%	13.00 [-0.01, 26.01]	
Subtotal (95% CI)			104			106	9.1%	2.63 [-0.37, 5.62]	•
Heterogeneity: Chi2 =	10.04, df	= 3 (P =	0.02); F	= 70%					
lest for overall effect:									
3.6 Radial deviation		and the	100			100	10000	Steeleday adver	
gol 2008	96	18.3	39	99	8.3	38	2.0%	-3.00 [-9.32, 3.32]	
Rozental 2009	28	15	21	22	10	23	1.4%	6.00 [-1.61, 13.61]	
Vei 2009	95	10	12	100	35	12	0.2%	-5.00 [-25.60, 15.60]	
Vilcke 2011	97	25.4	32	89	30.8	33	0.4%	8.00 [-5.71, 21.71]	
Subtotal (95% CI)			104			106	4.1%	1.19 [-3.28, 5.66]	•
Heterogeneity: Chi ² =	4.52, df =	3 (P = 0		= 34%					
Test for overall effect:									
						100			
			888			912	100.0%	0.43 [-0.47, 1.33]	•
otal (95% CI)									
fotal (95% CI) Heterogeneity: Chi ² =	63.57, df	= 27 (P		1); I ² = 5	58%				-20 -10 0 10 20

Supplementary Figure 4. Comparison of the effects of volar locking plate and K-wire on range of motion. A. 3 months; B. 12 months.