Supplemental file 2 Questions asked during the outpatient clinic visit

One-week visit at outpatient clinic

1. Demographic questions consisting:
   1.1 Age
   1.2 Gender (male/female)
   1.3 Dominant arm (left/right)
   1.4 VAS score base line (10-point scale)
   1.5 Smoking (yes/no)
   1.6 Pain medication (yes/no), if yes what pain medication
   1.7 Vitamin C use (yes/no)
   1.8 Work/profession
   1.9 History of fracture of the arm (yes/no)

2. The AO classification system was used to classify the fractures (1), the treating physician classified the fractures and this was checked by EB [researcher].

Four-Five weeks visit at outpatient clinic

1. Questions for function, pain and return to activity last three weeks
   1.1 Function last week (5-point likert scale)
   1.2 VAS score after four to five weeks post injury
      (A scale from 0 to 10 where 0 is no pain at all and 10 is the worst pain imaginable)
   1.3 Hindrance of pain or plaster cast last week (5-point likert scale)
   1.4 Return to work or activities (5-point likert scale)
   1.5 Avoidance of activities due to pain (yes/no)
1.6 Avoidance of activities due to fear (yes/no)

2. Use of home exercise program (yes/no)

3. Use of pain medication (yes/no), if yes what pain medication

4. Use of the elastic tubular support bandage (yes/no)

5. Use of vitamin C (yes/no)

References
1. Medoff RJ. Essential radiographic evaluation for distal radius fractures. *Hand Clin.* 2005;21:279-288.