Biomarkers of Hand Osteoarthritis are Detectable after Mechanical Exercise

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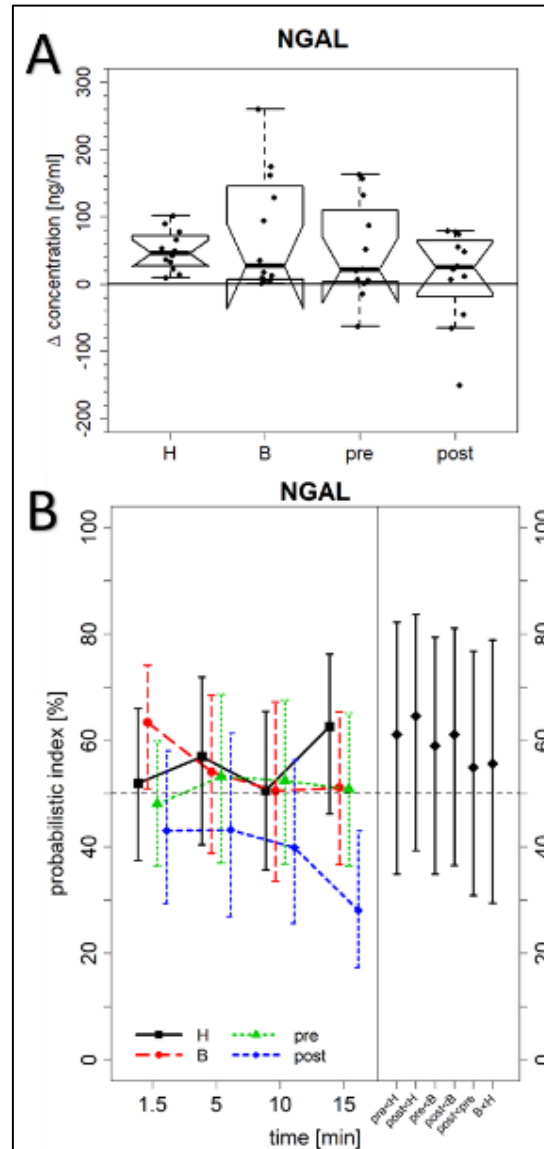

Figure S1. Serum concentrations of NGAL. **(A)** The difference between the maximum biomarker concentration within the first 15 minutes after exercising of the hand and finger joints and the NGAL level at baseline before exercising [H = cohort of patients with more Heberden-accentuated hand OA (p = 0.0005, n = 12), B = cohort of patients with more Bouchard-accentuated hand OA (p = 0.005, n = 12); pre = premenopausal control group (p = 0.03, n = 12); post = postmenopausal control group (p = 0.30, n = 12)]. For further details see caption of Figure 2A. **(B)** Fully analogous to Figure 2B, but here for NGAL concentrations.
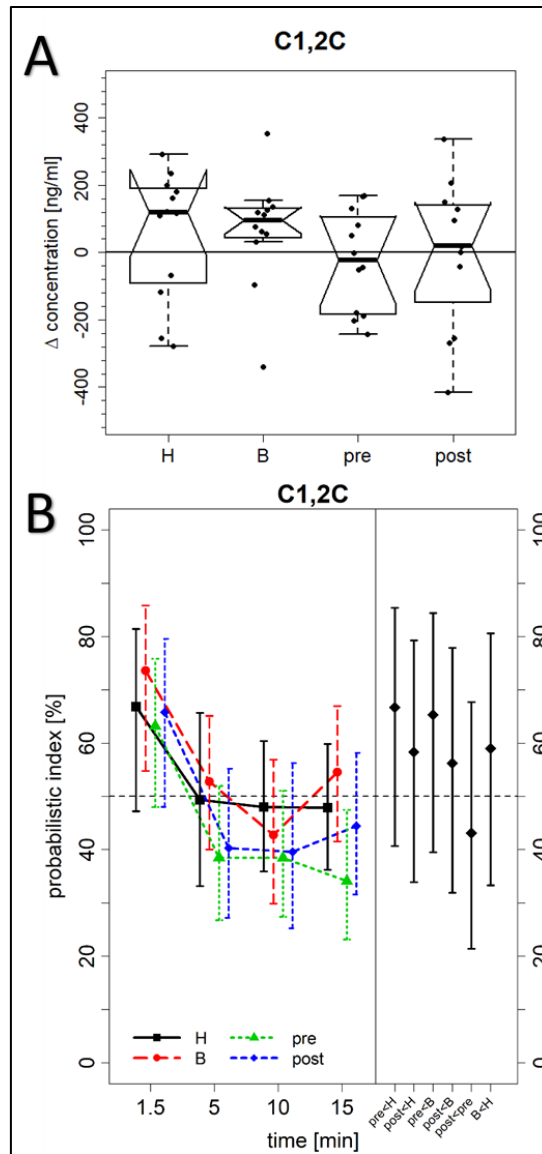
Figure S2. Serum concentrations of C1,2C. **(A)** The difference between the maximum biomarker concentration within the first 15 minutes after exercising of the hand and finger joints and the C1,2C level at baseline before exercising [H = cohort of patients with more Heberden-accentuated hand OA ($p = 0.34$, $n = 12$), B = cohort of patients with more Bouchard-accentuated hand OA ($p = 0.08$, $n = 12$); pre = premenopausal control group ($p = 0.47$, $n = 12$); post = postmenopausal control group ($p = 0.90$, $n = 12$)]. For further details see caption of Figure 2A. **(B)** Fully analogous to Figure 2B, but here for C1,2C concentrations.
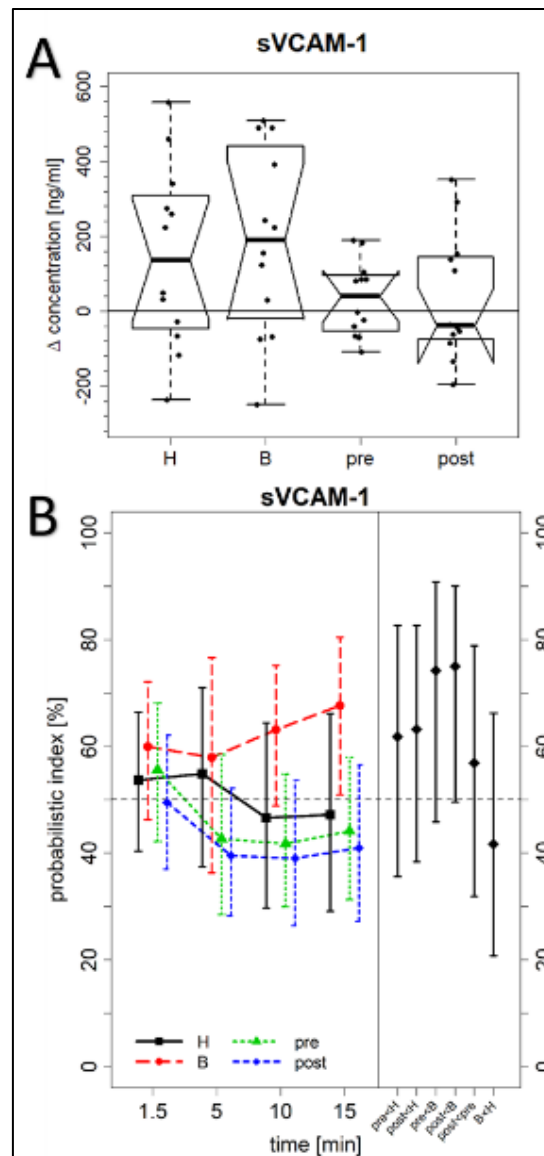
Figure S3. Serum concentrations of sVCAM1. **(A)** The difference between the maximum biomarker concentration within the first 15 min after exercising of the hand and finger joints and the sVCAM1 level at baseline before exercising [H = cohort of patients with more Heberden-accentuated hand OA ($p = 0.04$, $n = 12$), B = cohort of patients with more Bouchard-accentuated hand OA ($p = 0.09$, $n = 12$); pre = premenopausal control group ($p = 0.30$, $n = 12$); post = postmenopausal control group ($p = 0.62$, $n = 12$)]. For further details see caption of Figure 2A. **(B)** Fully analogous to Figure 2B, but here for sVCAM1 concentrations.