Appendix 3. Items marked as important by focus group participants

Sports physicians

Athlete characteristics

- 1. Previous wrist injury
- 2. Predisposition of stiff wrists for dorsiflexion

Symptoms – pain

- 3. Pain
- 4. No clear acute cause of pain
- 5. Onset of pain (before/during/after training)
- 6. Gradual onset of pain
- 7. Progressive pain
- 8. Pain score on VAS
- 9. Pain upon loading of wrist (in sports)

Symptoms – other than pain

- 10. 'Click'
- 11. Crepitations
- 12. Swelling
- 13. Limited range of motion
- 14. Acute onset of symptoms
- 15. Duration of symptoms

Symptoms – treatment

- 16. Self-management using tape or brace
- 17. Self-management using pain medication

Limitations due to overuse wrist injury

- 18. Adaptation of training program
- 19. Influence on sports performance in training
- 20. Influence on sports performance in competition

Young athletes

Athlete characteristics – physical characteristics

1. Age

Symptoms - pain - quality of pain

2. Pain

- 3. Radiating pain
- 4. Stabbing pain
- 5. As if whole wrist is pulled apart
- 6. Pain different from normal

Symptoms – pain – timing of pain – onset of pain

7. Acute cause of pain

Symptoms – pain – timing of pain – course of pain

- 8. Continuous pain
- 9. Intermittent pain
- 10. Persistent pain

Symptoms – pain – timing of pain – duration of pain

- 11. Three days or longer
- 12. Two weeks

Symptoms – pain – timing of pain – moments of pain

- 13. Pain in the morning
- 14. Pain at night
- 15. Pain with warmth
- 16. Pain with cold
- 17. Training event soon
- 18. Tournament soon
- 19. Championship soon

Symptoms – pain – timing of pain – pain during rest

20. Pain during rest

Symptoms – pain – severity of pain – pain in words

21. Crying because of pain

Symptoms – pain – severity of pain – pain in number

22. High pain score

Symptoms – pain – location of pain

- 23. Dominant side
- 24. Non-dominant side
- 25. Pain in whole arm

- 26. Pain in middle of wrist joint
- 27. Pain in dorsal side of wrist

Symptoms – pain – pain with specific activities – pain with specific movements

- 28. Pain with dorsiflexion of wrist
- 29. Pain with palmarflexion of wrist
- 30. Pain while hanging
- 31. Pain while pushing
- 32. Pain while pulling
- 33. Pain while flexing thumb

Symptoms – pain – pain with specific activities – pain with activities of daily living

- 34. Pain while lifting heavy objects
- 35. Pain while picking up (heavy) objects
- 36. Pain while pushing up from chair or bed
- 37. Pain while painting
- 38. Pain while using phone
- 39. Pain while grasping handle
- 40. Pain while grasping doorknob
- 41. Pain while driving
- 42. Pain while riding a bicycle
- 43. Pain while brushing teeth
- 44. Pain while combing hair
- 45. Pain while washing
- 46. Pain while getting dressed
- 47. Pain while blocking door
- 48. Pain while accelerating on motor scooter

Symptoms – pain – pain with specific activities – pain with school/study

- 49. Pain while typing
- 50. Pain while writing

Symptoms – pain – pain with specific activities – pain during work

51. Pain while carrying plates (waiting tables)

Symptoms – pain – pain with specific activities – relationship with sport – general

- 52. Pain while hanging and pulling up
- 53. Pain during push-ups and core stability training

Symptoms – pain – pain with specific activities – relationship with sport – volleyball

- 54. Pain with underhanded movements
- 55. Pain with overhanded movements

Symptoms – pain – pain with specific activities – relationship with sport – field hockey

- 56. Pain while hitting the ball
- 57. Pain while pushing

Symptoms – pain – pain with specific activities – relationship with sport – judo

- 58. Pain while holding (lapels)
- 59. Pain while knocking off in judo
- 60. Pain while pushing

Symptoms – pain – pain with specific activities – relationship with sport – gymnastics

61. Pain while leaning in gymnastics

Symptoms – symptoms other than pain

- 62. Cracking
- 63. Creaking
- 64. Grinding
- 65. Discomfort
- 66. Nagging
- 67. Stabbing
- 68. Stiffness
- 69. Jamming
- 70. Swelling
- 71. Bump
- 72. Redness
- 73. Discoloration
- 74. Reduced strength
- 75. Shocks through arm

Symptoms – symptoms other than pain – treatment

- 76. Rest
- 77. Ice
- 78. Medication
- 79. Tape

- 80. Brace
- 81. Physiotherapy: exercises

Limitations – limitations in sport - training

- 82. Stop during training / adaptation of training load
- 83. Skip training sessions / adaptation of training frequency

Limitations – limitations in sport – adaptations in technique

84. Compensation movement

Limitations – limitations in sport – adaptations in technique – judo

85. Push up on fists

Limitations – limitations in sport – performance

- 86. Put team at disadvantage
- 87. Afraid to go all out

Limitations – limitations in movement – general

- 88. Unable to move wrist optimally
- 89. Unable to extend wrist

Limitations – limitations in movement – sport related – judo

90. Tying coat band

Limitations – limitations in activities of daily living – limitations

- 91. Unable to use wrist the way you want
- 92. Brushing teeth
- 93. Squeezing toothpaste from tube
- 94. Closing buttons
- 95. Opening tap
- 96. Washing dishes
- 97. Closing zipper of bag
- 98. Lifting heavy objects
- 99. Turning key
- 100. Riding a bicycle

Limitations – limitations in school/study – limitations

101. Writing