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**Appendix 3.** Items marked as important by focus group participants

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**Sports physicians**

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*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

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**Young athletes**

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*Athlete characteristics – physical characteristics*

1. Age

*Symptoms – pain – quality of pain*

2. Pain
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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
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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

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*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
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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

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