

**SUPPLEMENTARY FILE 2**

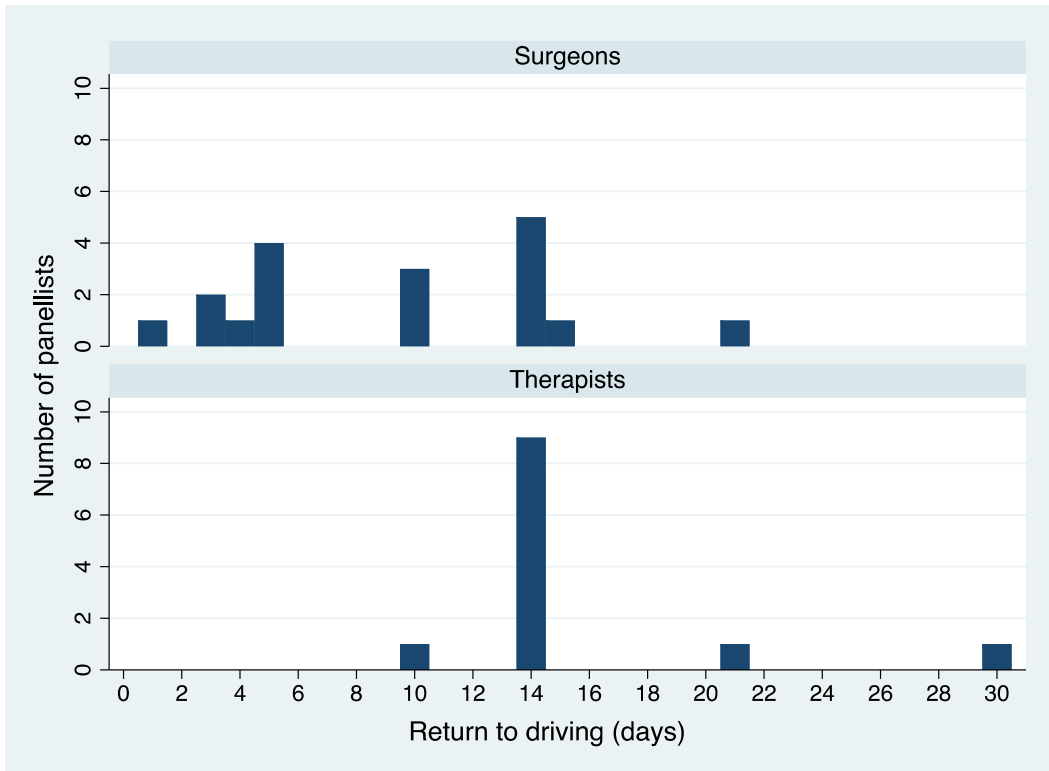
**A. Safety factors and approvals when returning to driving after carpal tunnel release**

	All n=30 (%)	Round 1 Surgeons n=18 (%)	Therapists n=12 (%)	All n=30 (%)	Round 2 Surgeons n=20 (%)	Therapists n=10 (%)
<b>Safe to drive with sutures in situ</b>						
<i>Agree</i>	14 (47)	12 (67)	2 (17)	20 (67)	<b>15 (75)</b>	5 (50)
<i>Disagree</i>	13 (43)	5 (28)	8 (67)	10 (33)	5 (25)	5 (50)
<i>Unsure</i>	3 (10)	1 (6)	2 (17)	-	-	-
<b>Safe to drive in bulky dressing</b>						
<i>Agree</i>	1 (3)	1 (6)	0			
<b><i>Disagree</i></b>	<b>27 (90)</b>	<b>15 (83)</b>	<b>12 (100)</b>			
<i>Unsure</i>	2 (7)	2 (11)	0			
<b>Safe to drive in small dressing</b>						
<b><i>Agree</i></b>	<b>24 (80)</b>	<b>15 (83)</b>	<b>9 (75)</b>			
<i>Disagree</i>	4 (13)	1 (6)	3 (25)			
<i>Unsure</i>	2 (7)	2 (11)	0			
<b>Safe to drive wearing a splint</b>						
<i>Agree</i>	15 (50)	9 (50)	6 (50)	12 (40)	8 (40)	4 (40)
<i>Disagree</i>	12 (40)	6 (33)	6 (50)	18 (60)	12 (60)	6 (60)
<i>Unsure</i>	3 (10)	3 (17)	0	-	-	-
<b>Need to inform insurance company</b>						
<i>Agree</i>	8 (27)	8 (44)	0	11 (37)	8 (40)	3 (30)
<i>Disagree</i>	18 (60)	9 (50)	<b>9 (75)</b>	19 (63)	12 (60)	7 (70)
<i>Unsure</i>	4 (13)	1 (6)	3 (25)	-	-	-
<b>Patient responsible for deciding if safe to drive</b>						
<b><i>Agree</i></b>	22 (73)	<b>17 (94)</b>	5 (42)	<b>30 (100)</b>	<b>20 (100)</b>	<b>10 (100)</b>
<i>Disagree</i>	6 (20)	0	6 (50)	0	0	0
<i>Unsure</i>	2 (7)	1 (6)	1 (8)	-	-	-
<b>Surgeon responsible for deciding if safe to drive</b>						
<i>Agree</i>	1 (3)	0	1 (8)			
<b><i>Disagree</i></b>	<b>26 (87)</b>	<b>16 (89)</b>	<b>10 (83)</b>			
<i>Unsure</i>	3 (10)	2 (11)	1 (8)			
<b>Other HCP responsible for deciding if safe to drive</b>						
<i>Agree</i>	2 (7)	0	2 (17)			
<b><i>Disagree</i></b>	<b>27 (90)</b>	<b>17 (94)</b>	<b>10 (83)</b>			
<i>Unsure</i>	1 (3)	1 (6)	0			
<b>HCP approval is required before return to driving</b>						
<i>Agree</i>				2 (7)	1 (5)	1 (10)
<b><i>Disagree</i></b>				<b>28 (93)</b>	<b>19 (95)</b>	<b>9 (90)</b>

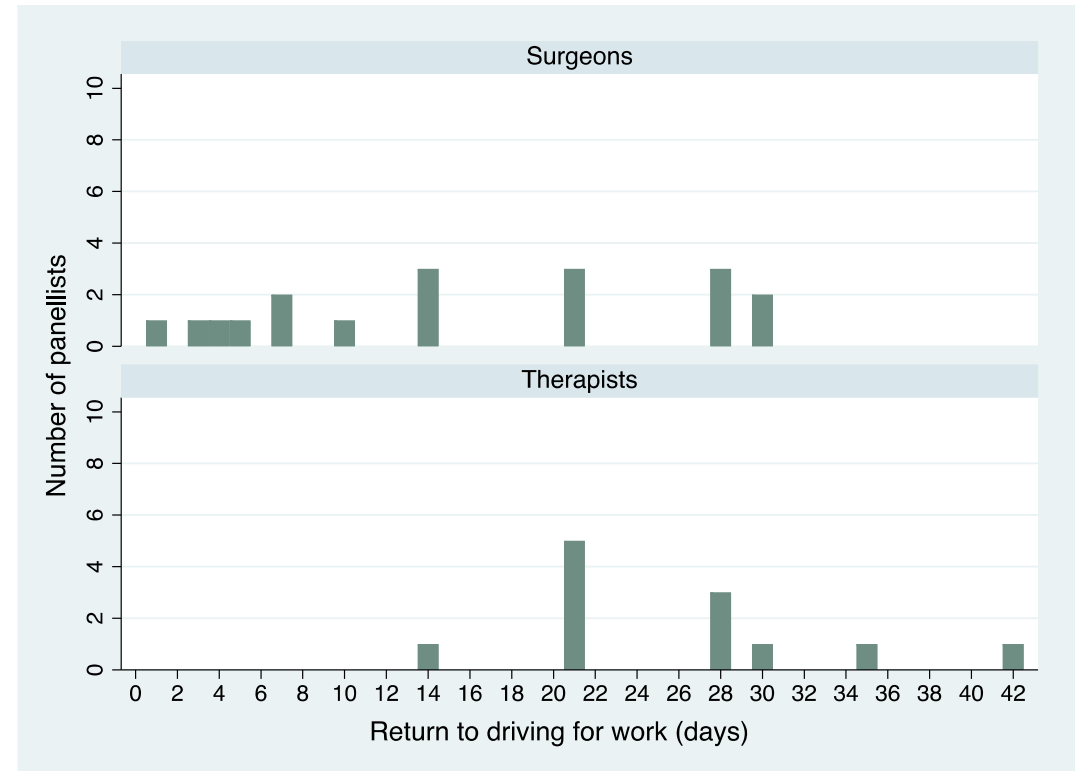
Bold responses indicate that the 75% consensus level was met. HCP- healthcare professional

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**B. Suggested time to return to driving after carpal tunnel release that could be included as part of general patient information**



**Driving in general**



**Driving as a key work activity**

Newington et al. (2022). Driving, work, wound care and rehabilitation after carpal tunnel release: Consensus recommendations from a UK Delphi study

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### C. Work-related advice for inclusion in general return to work recommendations after carpal tunnel release

Suggested work-related advice provide by participants in round 1	All n=30 (%)	Surgeons n=20 (%)	Therapists n=10 (%)
<b>Once the wound is healed, can do tasks within pain/comfort limits</b>	<b>29 (97)</b>	<b>19 (95)</b>	<b>10 (100)</b>
<b>Aim to pace and modify tasks when returning to work</b>	<b>30 (100)</b>	<b>20 (100)</b>	<b>10 (100)</b>
<b>Discuss with manager (and occupational health) in advance and plan a phased return to work</b>	<b>25 (83)</b>	<b>16 (80)</b>	<b>9 (90)</b>
Depends on the risk to others	15 (50)	12 (60)	3 (30)
Should be encouraged to return to work as soon as possible	13 (43)	9 (45)	4 (40)
<b>The individual is best placed to decide whether they will be able to do their job</b>	<b>23 (77)</b>	<b>17 (85)</b>	6 (60)
Work from home initially, if possible	4 (13)	4 (20)	0
Safety comes first, loss of earnings should not influence return to work	11 (37)	9 (45)	2 (20)
Each patient will need to make a decision in discussion with their healthcare professional	22 (73)	13 (65)	9 (90)

Participants were asked whether each piece of advice should be included in general return to work recommendations for carpal tunnel release patients. Responses show the number and percentage agreeing that the advice should be included. Bold responses indicate that the 75% consensus level was met.

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**D. Recommendations for wound care and hand use after carpal tunnel release**

Round 1	All n=30 (%)	Surgeons n=18 (%)	Therapists n=12 (%)	Round 2	All n=30 (%)	Surgeons n=20 (%)	Therapists n=10 (%)
<b>Use of bulky dressings</b>				<b>Remove any bulky dressing after 2-3 days, unless otherwise advised</b>			
<i>None or remove after 2-3 days</i>	19 (63)	12 (67)	7 (58)	<i>No</i>	1 (3)	1 (5)	0
<i>Remove after 1 week</i>	7 (23)	3 (17)	4 (33)	<b>Yes</b>	<b>29 (97)</b>	<b>19 (95)</b>	<b>10 (100)</b>
<i>Remove after 10-14 days</i>	0	0	0				
<i>Keep on until review</i>	4 (13)	3 (17)	1 (8)				
<b>Washing the wound</b>				<b>Keep wound dry for 10-14 days, unless otherwise advised</b>			
<i>Wash within 2-3 days</i>	2 (7)	2 (11)	0	<i>No</i>	3 (10)	3 (15)	0
<i>Wash after 1 week</i>	4 (13)	1 (6)	3 (25)	<b>Yes</b>	<b>27 (90)</b>	<b>17 (85)</b>	<b>10 (100)</b>
<i>Avoid getting wet for 10-14 days</i>	14 (47)	10 (56)	4 (33)				
<i>Keep dry until review</i>	9 (30)	4 (22)	5 (42)				
<i>Other</i>	1 (3)	1 (6)	0				
<b>Using the hand for daily function</b>				<b>Use the hand as soon as possible, ideally within 1-2 days of surgery, unless advised otherwise</b>			
<i>Day after surgery, as able</i>	17 (57)	11 (61)	6 (50)	<i>No</i>	2 (7)	1 (5)	1 (10)
<i>1-2 days after surgery, as able</i>	12 (40)	7 (39)	5 (42)	<b>Yes</b>	<b>28 (93)</b>	<b>19 (95)</b>	<b>9 (90)</b>
<i>1 week after surgery, as able</i>	1 (33)	0	1 (8)				
<i>Do not use hand until review</i>	-	-	-				

Bold responses indicate where the 75% consensus level was met.

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**E. Recommendation regarding scar care and post-operative complications**

	All n=30 (%)	Surgeons n=18 (%)	Therapists n=12 (%)
Scar massage			
<i>Massage scar over dressing</i>	1 (3)	0	1 (8)
<b><i>Massage scar once wound closed and sutures removed</i></b>	<b>28 (93)</b>	<b>17 (94)</b>	<b>11 (92)</b>
<i>Not to massage the scar</i>	1 (3)	1 (6)	0
Possibility of pillar pain			
<b>Yes</b>	<b>28 (93)</b>	<b>17 (94)</b>	<b>11 (92)</b>
No	2 (7)	1 (6)	1 (8)
Possibility of scar sensitivity			
<b>Yes</b>	<b>30 (100)</b>	<b>18 (100)</b>	<b>12 (100)</b>
No	0	0	0
Possibility of ongoing symptoms			
<b>Yes</b>	<b>30 (100)</b>	<b>18 (100)</b>	<b>12 (100)</b>
No	0	0	0

All items relate to Delphi round 1. Bold responses indicate that the 75% consensus level was met.

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**F. Response to Delphi questions about hand and wrist exercises after carpal tunnel release**

Delphi round 1	All n=30 (%)	Surgeons n=18 (%)	Therapists n=12 (%)	Delphi round 2	All n=30 (%)	Surgeons n=20 (%)	Therapists n=10 (%)
Median nerve gliding exercises				Recommend median nerve gliding after surgery			
<i>After surgery</i>	8 (27)	5 (28)	3 (25)	<i>No</i>	10 (33)	8 (40)	2 (20)
<i>Before and after surgery</i>	8 (27)	1 (6)	7 (58)	<i>Yes</i>	20 (67)	12 (60)	<b>8 (80)</b>
<i>None</i>	8 (27)	8 (44)	-				
<i>Unsure</i>	6 (20)	4 (22)	2 (17)				
Sensory retraining				Recommend sensory retraining			
<i>After surgery</i>	16 (53)	8 (44)	8 (67)	<i>No</i>	19 (63)	12 (60)	7 (70)
<i>Before and after surgery</i>	2 (6)	-	2 (17)	<i>Yes</i>	11 (37)	8 (40)	3 (30)
<i>None</i>	7 (23)	6 (33)	1 (8)				
<i>Unsure</i>	5 (17)	4 (22)	1 (8)				
Thumb motor control exercises				Recommend thumb motor control exercises			
<i>After surgery</i>	9 (30)	5 (28)	4 (33)	<i>No</i>	16 (53)	<b>15 (75)</b>	1 (10)
<i>Before and after surgery</i>	6 (20)	1 (6)	5 (42)	<i>Yes</i>	14 (47)	5 (25)	<b>10 (90)</b>
<i>None</i>	6 (20)	6 (33)	-				
<i>Unsure</i>	9 (30)	6 (33)	3 (25)				
General digit and wrist exercises				<b>Recommend move fingers, thumb and wrist regularly</b>			
<i>After surgery</i>	15 (50)	10 (56)	5 (42)	<i>No</i>	1 (3)	1 (5)	-
<i>Before and after surgery</i>	12 (40)	5 (28)	7 (58)	<i>Yes</i>	<b>29 (97)</b>	<b>19 (95)</b>	<b>10 (100)</b>
<i>None</i>	3 (10)	3 (17)	-				
<i>Unsure</i>	-	-	-				
When to start home exercises				No follow-up question asked			
<i>Day after surgery</i>	15 (50)	8 (44)	7 (58)				
<i>2-3 days after surgery</i>	5 (17)	4 (22)	1 (8)				
<i>1 week after surgery</i>	1 (3)	-	1 (8)				
<i>After review</i>	1 (3)	-	1 (8)				
<i>No exercises, just use hand normally</i>	8 (27)	6 (33)	2 (17)				

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Bold responses indicate that the 75% consensus level was met.

**G. Recommended activities to avoid during the first week, fortnight and month after carpal tunnel release**

	Avoid during first week after surgery			Avoid during first fortnight after surgery			Avoid during first month after surgery		
	All n=30 (%)	Surgeons n=20 (%)	Therapists n=10 (%)	All n=30 (%)	Surgeons n=20 (%)	Therapists n=10 (%)	All n=30 (%)	Surgeons n=20 (%)	Therapists n=10 (%)
<b>Manual activities</b>									
<i>Heavy lifting / heavy labour / manual work</i>	<b>30 (100)</b>	<b>20 (100)</b>	<b>10 (100)</b>	<b>30 (100)</b>	<b>20 (100)</b>	<b>10 (100)</b>	16 (53)	8 (40)	<b>8 (80)</b>
<i>Anything heavier than 10kg</i>	-	-	-	-	-	-	16 (53)	7 (35)	<b>9 (90)</b>
<i>Operating machinery</i>	<b>27 (90)</b>	<b>17 (85)</b>	<b>10 (100)</b>	21 (70)	12 (60)	<b>9 (90)</b>	-	-	-
<i>Driving heavy goods vehicles</i>	-	-	-	-	-	-	13 (43)	7 (35)	6 (60)
<i>Prolonged lifting</i>	-	-	-	<b>26 (87)</b>	<b>16 (80)</b>	<b>10 (100)</b>	-	-	-
Potential contamination / dirty or wet environments	<b>30 (100)</b>	<b>20 (100)</b>	<b>10 (100)</b>	<b>28 (93)</b>	<b>18 (90)</b>	<b>10 (100)</b>	-	-	-
<b>Activities of daily living</b>									
<i>Holding infants</i>	14 (47)	10 (50)	4 (40)	8 (27)	5 (25)	3 (30)	-	-	-
<i>Pushing a pram for extended periods</i>	17 (57)	9 (45)	<b>8 (80)</b>	-	-	-	-	-	-
<i>Lifting cooking pots</i>	19 (63)	11 (55)	<b>8 (80)</b>	14 (47)	6 (30)	<b>8 (80)</b>	-	-	-
<i>Ironing</i>	-	-	-	11 (37)	5 (25)	6 (60)	-	-	-
<i>Chopping vegetables</i>	-	-	-	10 (33)	6 (30)	4 (40)	-	-	-
<i>Making beds</i>	-	-	-	7 (23)	4 (20)	3 (30)	-	-	-
<i>Driving</i>	22 (73)	<b>15 (75)</b>	7 (70)	11 (37)	5 (25)	6 (60)	-	-	-
<i>Gripping / carrying heavy shopping</i>	-	-	-	<b>24 (80)</b>	14 (70)	<b>10 (100)</b>	-	-	-
<i>Soaking the wound (including in the bath)</i>	<b>29 (97)</b>	<b>19 (95)</b>	<b>10 (100)</b>	<b>27 (90)</b>	<b>20 (100)</b>	7 (70)	-	-	-
<b>Hobbies and exercise</b>									
<i>Push-ups / yoga</i>	<b>27 (90)</b>	<b>17 (85)</b>	<b>10 (100)</b>	-	-	-	-	-	-
<i>Sweaty cardio activities</i>	22 (73)	<b>16 (80)</b>	6 (60)	-	-	-	-	-	-
<i>Swimming</i>	-	-	-	<b>25 (83)</b>	<b>16 (80)</b>	<b>9 (90)</b>	-	-	-
<i>Climbing</i>	<b>27 (90)</b>	<b>17 (85)</b>	<b>10 (100)</b>	<b>27 (90)</b>	<b>17 (85)</b>	<b>10 (100)</b>	16 (53)	7 (35)	<b>9 (90)</b>
<i>Power lifting</i>	<b>27 (90)</b>	<b>17 (85)</b>	<b>10 (100)</b>	<b>28 (93)</b>	<b>18 (90)</b>	<b>10 (100)</b>	-	-	-
<i>Contact sports</i>	<b>29 (97)</b>	<b>19 (95)</b>	<b>10 (100)</b>	<b>29 (97)</b>	<b>19 (95)</b>	<b>10 (100)</b>	20 (67)	10 (50)	<b>10 (100)</b>
<i>Competitive sports</i>	-	-	-	-	-	-	14 (47)	5 (25)	<b>9 (90)</b>
<i>Intense sports</i>	-	-	-	<b>26 (87)</b>	<b>16 (80)</b>	<b>10 (100)</b>	-	-	-



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<i>Gym</i>	-	-	-	-	-	-	15 (50)	7 (35)	<b>8 (80)</b>
<i>Gardening</i>	-	-	-	-	-	-	15 (50)	7 (35)	<b>8 (80)</b>
<i>Do-it-yourself activities</i>	-	-	-	-	-	-	11 (37)	3 (15)	<b>8 (80)</b>
<b>General activities or movements</b>									
<i>Pressure on the wound</i>	<b>25 (83)</b>	<b>15 (75)</b>	<b>10 (100)</b>	19 (63)	11 (55)	<b>8 (80)</b>	-	-	-
<i>Flexing the wrist and using the fingers</i>	4 (13)	4 (20)	0	-	-	-	-	-	-
<i>Activities with prolonged wrist flexion</i>	16 (53)	8 (40)	<b>8 (80)</b>	-	-	-	-	-	-
<i>Anything that pulls the wound apart</i>	<b>28 (93)</b>	<b>19 (95)</b>	<b>9 (90)</b>	-	-	-	-	-	-
<i>All except light activities and personal care</i>	19 (63)	10 (50)	<b>9 (90)</b>	-	-	-	-	-	-
<i>Tasks that cause pain</i>	<b>26 (87)</b>	<b>16 (80)</b>	<b>10 (100)</b>	-	-	-	<b>25 (83)</b>	<b>15 (75)</b>	<b>10 (100)</b>
<i>Weight-bearing</i>	-	-	-	<b>24 (80)</b>	14 (70)	<b>10 (100)</b>	-	-	-
<i>Using elbow crutches</i>	-	-	-	16 (53)	9 (45)	7 (70)	-	-	-
<i>Impact to carpal tunnel</i>	-	-	-	-	-	-	15 (50)	6 (30)	<b>9 (90)</b>
<i>Vibration</i>	-	-	-	-	-	-	16 (53)	7 (35)	<b>9 (90)</b>
<i>Anything that causes risks to others</i>	-	-	-	-	-	-	18 (60)	10 (50)	<b>8 (80)</b>
<i>There is nothing that should be avoided</i>	-	-	-	-	-	-	6 (20)	6 (30)	0

Bold responses indicate that the 75% consensus was reached.