







|    |              |   |     |                                     |     |                              |     |                            |     |                                      |
|----|--------------|---|-----|-------------------------------------|-----|------------------------------|-----|----------------------------|-----|--------------------------------------|
| 25 | Wrist Injury | <a href="https://www.bcu.nhs.uk/patient-leaflet/soft-tissue-injury-wrist-hand/">https://www.bcu.nhs.uk/patient-leaflet/soft-tissue-injury-wrist-hand/</a>   | NO  | NO NTWD                             | YES | Injury not traumatic         | MB? | Injury specific?           | YES | Not trauma                           |
| 26 | Wrist Injury | <a href="https://www.bmi.com/content/361/bmi/3274">https://www.bmi.com/content/361/bmi/3274</a>   | NO  | Journal                             | NO  | Journal                      |     |                            | NO  | Journal                              |
| 27 | Wrist Injury | <a href="https://www.massgeneralbrigham.org/en/patient-care/services-and-specialties/sports-medicine/conditions/hand-arm/wrist-sprain">https://www.massgeneralbrigham.org/en/patient-care/services-and-specialties/sports-medicine/conditions/hand-arm/wrist-sprain</a>                               | NO  | NO NTWD                             | YES | NO                           | MB? | MOWP doesnt specify        | NO  | Not NTWD                             |
| 28 | Wrist Injury | <a href="https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-a-to-z/wrist-pain">https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-a-to-z/wrist-pain</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 29 | Wrist Injury | <a href="https://www.imv.co.uk/services-for-you/personal-injury/compensation-calculator/arm-injury/wrist-injury">https://www.imv.co.uk/services-for-you/personal-injury/compensation-calculator/arm-injury/wrist-injury</a>   | NO  | AD                                  | NO  | Ad                           |     |                            | NO  | Ad                                   |
| 30 | Wrist Injury | <a href="https://www.bouidrecentre.com/news/wrist-sprain-common-injury">https://www.bouidrecentre.com/news/wrist-sprain-common-injury</a>   | NO  | NO NTWD                             | YES | NO                           | MB? | MOWP doesnt specify        | NO  | Duplicate                            |
| 31 | Wrist Injury | <a href="https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com">https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com</a>   | NO  | AD                                  | NO  | Ad                           |     |                            | NO  | Ad                                   |
| 32 | Wrist Injury | <a href="https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com">https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com</a>   | NO  | AD                                  | NO  | Ad                           |     |                            | NO  | Ad                                   |
| 33 | Wrist Injury | <a href="https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com">https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 34 | Wrist Injury | <a href="https://www.chestnuth.nhs.uk/your-visit/patient-leaflets/hand-therapist-managing-with-a-hand-or-wrist-injury">https://www.chestnuth.nhs.uk/your-visit/patient-leaflets/hand-therapist-managing-with-a-hand-or-wrist-injury</a>   | NO  | NO NTWD                             | NO  | No NTWD                      |     |                            | NO  | Not NTWD                             |
| 35 | Wrist Injury | <a href="https://www.ejastoplast.co.uk/did-you-know/sports-and-activity/wrist-pain-injuries">https://www.ejastoplast.co.uk/did-you-know/sports-and-activity/wrist-pain-injuries</a>   | NO  | AD                                  | YES | NO                           | YES | Wrist Info (GANGLION CYST) | YES | I                                    |
| 36 | Wrist Injury | <a href="https://www.drugs.com/health-guide/wrist-sprain.html">https://www.drugs.com/health-guide/wrist-sprain.html</a>   | YES | Included and ganglion cyst included | YES | NO                           |     |                            | YES | I                                    |
| 37 | Wrist Injury | <a href="https://www.verywellhealth.com/wrist-pain-causes-symptoms-and-treatments-2648488">https://www.verywellhealth.com/wrist-pain-causes-symptoms-and-treatments-2648488</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 38 | Wrist Injury | <a href="https://handandwristinstitute.com/whats-better-for-a-wrist-sprain-ice-or-heat/">https://handandwristinstitute.com/whats-better-for-a-wrist-sprain-ice-or-heat/</a>   | NO  | NO NTWD                             | YES | Sprains                      | MB? | MOWP doesnt specify        | YES | Chronic strain info                  |
| 39 | Wrist Injury | <a href="https://www.hsa.edu/condition-list_scaehold-injuries-wrist-pain.asp">https://www.hsa.edu/condition-list_scaehold-injuries-wrist-pain.asp</a>   | NO  | NO NTWD                             | NO  | No NTWD                      |     |                            | NO  | Not NTWD                             |
| 40 | Wrist Injury | <a href="http://www.mtw.nhs.uk/wp-content/uploads/2016/11/leaflet-wrist-sprain.pdf">http://www.mtw.nhs.uk/wp-content/uploads/2016/11/leaflet-wrist-sprain.pdf</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 41 | Wrist Injury | <a href="https://www.qeios.com/document/8047/Soft-tissue-injuries-affecting-the-wrist-and-hand-GHP0878_04_19_n016Hv7?doc">https://www.qeios.com/document/8047/Soft-tissue-injuries-affecting-the-wrist-and-hand-GHP0878_04_19_n016Hv7?doc</a>   | NO  | NO NTWD                             | YES | NO                           | MB? | Soft tissue injury?        | YES | General soft tissue injury info      |
| 42 | Wrist Injury | <a href="http://www.buckinghamshirehospitals.nhs.uk/conditions-treated/trauma-and-soft-tissue-wrist-injury/">http://www.buckinghamshirehospitals.nhs.uk/conditions-treated/trauma-and-soft-tissue-wrist-injury/</a>   | NO  | NO NTWD                             | YES | NO                           | YES | TFCC information present   | YES | I                                    |
| 43 | Wrist Injury | <a href="https://yogainternational.com/article/view/healing-and-preventing-wrist-injuries">https://yogainternational.com/article/view/healing-and-preventing-wrist-injuries</a>   | NO  | NO NTWD                             | YES | Generic Wrist Sprain         | MB? | Sport specific             | YES | Generic wrist info but aimed at yoga |
| 44 | Wrist Injury | <a href="https://www.ruh.nhs.uk/patient/patient_information/ORT_057_Advice_after_a_wrist_sprain.pdf">https://www.ruh.nhs.uk/patient/patient_information/ORT_057_Advice_after_a_wrist_sprain.pdf</a>   | NO  | NO NTWD                             | YES | NO                           | MB? | MOWP doesnt specify        | YES | Sprain                               |
| 45 | Wrist Injury | <a href="https://www.sportsmedtoday.com/unilateral-wrist-injuries-vs-51.htm">https://www.sportsmedtoday.com/unilateral-wrist-injuries-vs-51.htm</a>   | YES | Included                            | YES | NO                           |     |                            | YES | I                                    |
| 46 | Wrist Injury | <a href="https://www.choa.org/medical-services/orthopedics/wrist-hand-injuries">https://www.choa.org/medical-services/orthopedics/wrist-hand-injuries</a>   | NO  | NO NTWD                             | YES | NO                           | MB? | Pediatric                  | NO  | Specific Demographic                 |
| 47 | Wrist Injury | <a href="https://www.northevenhealth.nhs.uk/wp-content/uploads/2021/05/Protocol-for-the-Management-of-wrist-injuries-in-MIUs-v2.0.pdf">https://www.northevenhealth.nhs.uk/wp-content/uploads/2021/05/Protocol-for-the-Management-of-wrist-injuries-in-MIUs-v2.0.pdf</a>                               | NO  | NO NTWD                             | NO  | Professional use             |     |                            | NO  | Not NTWD specific                    |
| 48 | Wrist Injury | <a href="https://www.usta.com/en/home/Improve-tennis-health-fitness/inational-mount-sinal-health-tic-it-s-in-the-wrist.html">https://www.usta.com/en/home/Improve-tennis-health-fitness/inational-mount-sinal-health-tic-it-s-in-the-wrist.html</a>   | NO  | NO NTWD                             | YES | Wrist info                   | MB? | Sport specific             | NO  | Demographic                          |
| 49 | Wrist Injury | <a href="https://www.medicalnewstoday.com/articles/312070">https://www.medicalnewstoday.com/articles/312070</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 50 | Wrist Injury | <a href="https://www.woodlandsportsmedicine.com/blog/5-common-hand-and-wrist-injuries-among-athletes">https://www.woodlandsportsmedicine.com/blog/5-common-hand-and-wrist-injuries-among-athletes</a>   | NO  | NO NTWD                             | YES | NTWD                         | MB? | Interchangeable condition  | YES | Mentions both trauma and non-trauma  |
| 1  | Why does my  | <a href="https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/syc-20366213#:~:text=Wrist%20pain%20is%20often%20">https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/syc-20366213#:~:text=Wrist%20pain%20is%20often%20</a>                                 | YES | Included Ganglion Cyst              | NO  | Duplicate                    | MB? | Duplicate?                 | YES | Can't find a dupe                    |
| 2  | Why does my  | <a href="https://www.nhs.uk/conditions/hand-pain/wrist-pain/">https://www.nhs.uk/conditions/hand-pain/wrist-pain/</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 3  | Why does my  | <a href="https://www.medicinenet.com/articles/312070">https://www.medicinenet.com/articles/312070</a>   | YES | Included Ganglion Cyst              | YES | NO                           |     |                            | YES | I                                    |
| 4  | Why does my  | <a href="https://my.clevelandclinic.org/health/symptoms/17667-wrist-pain">https://my.clevelandclinic.org/health/symptoms/17667-wrist-pain</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 5  | Why does my  | <a href="https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-a-to-z/wrist-pain">https://www.pennmedicine.org/for-patients-and-visitors/patient-information/conditions-treated-a-to-z/wrist-pain</a>   | NO  | Duplicate                           | YES | NO                           | MB? | Duplicates mismatch?       | NO  | Duplicate                            |
| 6  | Why does my  | <a href="https://www.verywellhealth.com/wrist-pain-causes-symptoms-and-treatments-2648488">https://www.verywellhealth.com/wrist-pain-causes-symptoms-and-treatments-2648488</a>   | YES | Included                            | YES | NO                           | MB? | Duplicates mismatch?       | YES | 1st Duplicate                        |
| 7  | Why does my  | <a href="https://www.vtdm.com/pain-management/guide/hand-pain-causes">https://www.vtdm.com/pain-management/guide/hand-pain-causes</a>   | NO  | Duplicate                           | YES | General wrist                | MB? | General wrist info?        | YES | Wrist info                           |
| 8  | Why does my  | <a href="https://www.healthline.com/health/wrist-pain">https://www.healthline.com/health/wrist-pain</a>   | NO  | Duplicate                           | YES | General Wrist pain           | MB? | Duplicates mismatch? + g   | YES | 1st Duplicate                        |
| 9  | Why does my  | <a href="https://www.versusarthritis.org/about-arthritis/conditions/hand-and-wrist-pain/">https://www.versusarthritis.org/about-arthritis/conditions/hand-and-wrist-pain/</a>   | NO  | Duplicate                           | YES | General wrist                | MB? | Duplicate mismatch         | NO  | Duplicate                            |
| 10 | Why does my  | <a href="https://www.njpalmdoc.com/blog/7-causes-of-wrist-pain-you-should-never-ignore">https://www.njpalmdoc.com/blog/7-causes-of-wrist-pain-you-should-never-ignore</a>   | NO  | Duplicate                           | NO  | Duplicate                    | MB? | Duplicate mismatch?        | NO  | Duplicate                            |
| 11 | Why does my  | <a href="https://www.blog.ohmyarthritis.com/my-wrist-hurts-common-causes-of-wrist-pain/">https://www.blog.ohmyarthritis.com/my-wrist-hurts-common-causes-of-wrist-pain/</a>   | YES | Included Ganglion Cyst              | NO  | Not accessible - AVG stopped | Yes |                            | YES | I                                    |
| 12 | Why does my  | <a href="https://www.beaumont.org/health-wellness/blogs/hand-and-wrist-pain-what-causes-it-what-can-you-do-about-it">https://www.beaumont.org/health-wellness/blogs/hand-and-wrist-pain-what-causes-it-what-can-you-do-about-it</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 13 | Why does my  | <a href="https://www.nhiinform.scot/illnesses-and-conditions/muscle-bone-and-joints/self-management-advice/wrist-hand-and-finger-problems">https://www.nhiinform.scot/illnesses-and-conditions/muscle-bone-and-joints/self-management-advice/wrist-hand-and-finger-problems</a>                       | NO  | Duplicate                           | YES | NO                           | MB? | Duplicate mismatch? + ge   | YES | 1st Duplicate + general wrist info   |
| 14 | Why does my  | <a href="https://southpainsclinic.com/blog/wrist-pain-causes-how-to-treat-it/?utm_source=ers&amp;utm_medium=ss&amp;utm_campaign=wrist-pain">https://southpainsclinic.com/blog/wrist-pain-causes-how-to-treat-it/?utm_source=ers&amp;utm_medium=ss&amp;utm_campaign=wrist-pain</a>                     | NO  | Duplicate                           | YES | NO                           | YES | NTWD + check Duplicate     | YES | I                                    |
| 15 | Why does my  | <a href="https://www.arthritis.org/health-wellness/about-arthritis/where-it-hurts/when-hand-or-wrist-pain-may-mean-arthritis">https://www.arthritis.org/health-wellness/about-arthritis/where-it-hurts/when-hand-or-wrist-pain-may-mean-arthritis</a>   | NO  | NO NTWD                             | NO  | No NTWD                      |     |                            | NO  | Not NTWD                             |
| 16 | Why does my  | <a href="https://hardercentre.co.uk/news/hand-therapy-qa-what-is-causing-my-wrist-pain-at-the-gym/">https://hardercentre.co.uk/news/hand-therapy-qa-what-is-causing-my-wrist-pain-at-the-gym/</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 17 | Why does my  | <a href="https://www.sssh.org/handcare/blog/5-causes-of-wrist-pain">https://www.sssh.org/handcare/blog/5-causes-of-wrist-pain</a>   | NO  | Duplicate                           | YES | NTWD                         | YES | NTWD + check Duplicate     | YES | I                                    |
| 18 | Why does my  | <a href="https://www.sssh.org/handcare/condition/unia-wrist-pain">https://www.sssh.org/handcare/condition/unia-wrist-pain</a>   | YES | Included NTWD                       | YES | NTWD                         | YES | YES - Game website (dup)   | YES | 1st Duplicate                        |
| 19 | Why does my  | <a href="https://www.urmc.rochester.edu/orthopaedics/hand-wrist-conditions.cfm">https://www.urmc.rochester.edu/orthopaedics/hand-wrist-conditions.cfm</a>   | NO  | Duplicate                           | YES | NO                           | MB? | Duplicate mismatch + NT    | YES | + info                               |
| 20 | Why does my  | <a href="https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com">https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com</a>   | NO  | AD                                  | NO  | Duplicate                    | MB? | Ad or Duplicate?           | NO  | Ad                                   |
| 21 | Why does my  | <a href="https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com">https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com</a>   | NO  | Duplicate                           | YES | NTWD                         | MB? | Duplicate mismatch + NT    | NO  | Ad                                   |
| 22 | Why does my  | <a href="https://www.versusarthritis.org/health-wellness/wellness-articles/2018/10/04/2005-should-you-ignore-your-hand-and-wrist-pain-here-are-the-1">https://www.versusarthritis.org/health-wellness/wellness-articles/2018/10/04/2005-should-you-ignore-your-hand-and-wrist-pain-here-are-the-1</a> | YES | Included Cyst info Interchangeable  | YES | NO                           |     |                            | YES | I                                    |
| 23 | Why does my  | <a href="https://www.lyrehab.com/news/common-causes-for-tham-pain-in-wrists">https://www.lyrehab.com/news/common-causes-for-tham-pain-in-wrists</a>   | NO  | NO NTWD                             | YES | General wrist                | MB? | General wrist info         | YES | General wrist info                   |
| 24 | Why does my  | <a href="https://www.bouidrecentre.com/news/wrist-sprain-common-injury">https://www.bouidrecentre.com/news/wrist-sprain-common-injury</a>   | NO  | NO NTWD                             | YES | Sprain                       | MB? | MOWP doesnt specify (w     | YES | I                                    |
| 25 | Why does my  | <a href="https://orthoinfo.aaos.org/en/diseases-conditions/wrist-sprains/">https://orthoinfo.aaos.org/en/diseases-conditions/wrist-sprains/</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 26 | Why does my  | <a href="https://my.janagone.org/conditions/wrist-hand-repetitive-use-injuries/diagnosis/">https://my.janagone.org/conditions/wrist-hand-repetitive-use-injuries/diagnosis/</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 27 | Why does my  | <a href="https://healthcare.utah.edu/orthopaedics/specialties/hand-pain/when-to-see-a-doctor.php">https://healthcare.utah.edu/orthopaedics/specialties/hand-pain/when-to-see-a-doctor.php</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 28 | Why does my  | <a href="https://www.templehealth.org/about/blogs/your-wrist-pain-carpal-tunnel-syndrome">https://www.templehealth.org/about/blogs/your-wrist-pain-carpal-tunnel-syndrome</a>   | NO  | NO NTWD                             | NO  | No NTWD                      |     |                            | NO  | Not NTWD                             |
| 29 | Why does my  | <a href="https://myhealth.alberta.ca/health/aftercare-information/pages/conditions.aspx?hwid=U7511">https://myhealth.alberta.ca/health/aftercare-information/pages/conditions.aspx?hwid=U7511</a>   | NO  | Duplicate                           | NO  | Duplicate                    |     |                            | NO  | Duplicate                            |
| 30 | Why does my  | <a href="https://handandwristinstitute.com/news-events/posts/wrist-8-ways-to-easily-treat-and-prevent-wrist-pain/">https://handandwristinstitute.com/news-events/posts/wrist-8-ways-to-easily-treat-and-prevent-wrist-pain/</a>   | YES | Included cyst info                  | YES | NO                           |     |                            | YES | I                                    |
| 31 | Why does my  | <a href="https://www.bouidrecentre.com/news/wrist-sprain-common-injury">https://www.bouidrecentre.com/news/wrist-sprain-common-injury</a>   | NO  | Duplicate                           | YES | NO                           | MB? | YES - Game website (dup)   | YES | 1st Duplicate                        |
| 32 | Why does my  | <a href="https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com">https://www.ooopadservices.com/pagead/acik/7sa-L3al-DChc8EWik4rmineD9AhWDS-QKHbDx4AAYABAGGqJkZw8ohost-www.ooopad.com</a>   | NO  | AD                                  | NO  | Ad                           |     |                            | NO  | Ad                                   |
| 33 | Why does my  | <a href="https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/symptoms-wrist-tendonitis">https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/symptoms-wrist-tendonitis</a>   | NO  | NO NTWD                             | YES | General wrist and tendonitis | MB? | No NTWD? and same w        | YES | General wrist info                   |
| 34 | Why does my  | <a href="https://patients.striker.com/wrist-replacement/understanding-wrist-pain">https://patients.striker.com/wrist-replacement/understanding-wrist-pain</a>   | NO  | NO NTWD                             | NO  | No NTWD                      |     |                            | NO  | Not NTWD                             |
| 35 | Why does my  | <a href="https://adventpt.com/blog-of-wrist-pain-it-might-not-be-carpal-tunnel-syndrome/">https://adventpt.com/blog-of-wrist-pain-it-might-not-be-carpal-tunnel-syndrome/</a>   | NO  | NO NTWD                             | YES | Tendonitis/ge                | MB? | Confirm if NTWD definitio  | YES | Tendonitis + general wrist info      |
| 36 | Why does my  | <a href="https://carrollortho.com/news-events/posts/wrist-8-ways-to-easily-treat-and-prevent-wrist-pain/">https://carrollortho.com/news-events/posts/wrist-8-ways-to-easily-treat-and-prevent-wrist-pain/</a>   | NO  | NO NTWD                             | YES | General wrist pain           | MB? | General wrist pain Info? N | YES | General wrist info                   |
| 37 | Why does my  | <a href="https://newarkhandandnerv.com/services/hand-upper-limb/what-causes-hand-wrist-pain/">https://newarkhandandnerv.com/services/hand-upper-limb/what-causes-hand-wrist-pain/</a>   | NO  | NO NTWD                             | YES | NTWD                         | YES | Tendonitis info included   | YES | I                                    |



Additional source characteristics

| Website URL   | Additional factors. Click home keybind to return to start |  |   |   |   |  |  |                                    |                  |                     |                             | Comments                                       |
|---|---|--|---|---|---|--|--|------------------------------------|------------------|---------------------|-----------------------------|--|
|   | Who is the website funded by?                             | What is the country of origin for the website? | What management technique/s is/are recommended          | Does it recommend a frequency for the intervention? | Does it provide a length of time to adhere to the intervention? | Does it provide a length of time for recovery? | Does it mention global health factors? | How many references are mentioned? | Date of creation | Date of last update | Score of additional factors |  |
| <a href="https://eastendot.com/what-can-i-do-for-weak-wrists-occupational-therapy/">https://eastendot.com/what-can-i-do-for-weak-wrists-occupational-therapy/</a>   | Private Service   | USA  | Exercise; Splinting;                                    | No  | No  | No   | No                                     | 1                                  | Not Found        | 2023                | 1                           |  |
| <a href="https://seriousstrengthtraining.com/8-tips-to-strengthen-weak-painful-wrists/">https://seriousstrengthtraining.com/8-tips-to-strengthen-weak-painful-wrists/</a>   | Private Service   | USA  | Exercise  | No  | No  | No   | No                                     | 0                                  | Not Found        | 10/4/2023           | 0                           |  |
| <a href="https://www.medicalnewstoday.com/articles/hand-weakness">https://www.medicalnewstoday.com/articles/hand-weakness</a>   | Medical info outlet.                                      | England  | Exercise; Medication; Surgery; Splinting; CT; Injection | Yes   | No  | Yes  | Yes                                    | 3                                  | 22/12/2020       | 22/12/2020          | 4                           | pregnancy, dietry(protein), diabetes, alcohol, |
| <a href="https://www.wristsupports.co.uk/blog/what-is-general-wrist-weakness.html">https://www.wristsupports.co.uk/blog/what-is-general-wrist-weakness.html</a>   | Product   | England  | Exercise; HT; CT;                                       | No  | No  | No   | No                                     | 0                                  | 23/8/2017        | 23/8/2017           | 0                           |  |
| <a href="https://my.develandclinic.org/health/symptoms/17867-wrist-pain">https://my.develandclinic.org/health/symptoms/17867-wrist-pain</a>   | Private Service   | USA  | Exercise; Injection;                                    | No  | No  | No   | No                                     | 4                                  | 11/3/2017        | 11/3/2017           | 1                           |  |
| <a href="https://tommorison.uk/blog/fix-your-weak-wrists">https://tommorison.uk/blog/fix-your-weak-wrists</a>   | Private Blog  | Northern Ireland                               | Exercise  | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.healthline.com/health/how-to-strengthen-wrists">https://www.healthline.com/health/how-to-strengthen-wrists</a>   | Medical info outlet                                       | USA  | Exercise; Splinting;                                    | No  | No  | No   | No                                     | 9                                  | Not Found        | 8/7/2019            | 1                           |  |
| <a href="https://www.buoyhealth.com/learn/hand-weakness">https://www.buoyhealth.com/learn/hand-weakness</a>   | Clinical Website  | USA  | Splinting; Medication;                                  | No  | No  | No   | Yes                                    | 5                                  | Not Found        | 14/10/2021          | 2                           | cardiovascular disease, body mass              |
| <a href="https://orthoinfo.aaos.org/en/diseases-conditions/ulnar-tunnel-syndrome-of-the-wrist/">https://orthoinfo.aaos.org/en/diseases-conditions/ulnar-tunnel-syndrome-of-the-wrist/</a>   | Clinical Website  | USA  | Surgery; Exercise;                                      | No  | No  | No   | No                                     | 1                                  | 28/2/2022        | 28/2/2022           | 1                           |  |
| <a href="https://experienelife.lifetime.life/article/fitness-tips-help-for-weak-wrists/">https://experienelife.lifetime.life/article/fitness-tips-help-for-weak-wrists/</a>   | Wellbeing Website   | USA  | Exercise  | No  | No  | No   | No                                     | 0                                  | 30/6/2014        | 30/6/2014           | 0                           |  |
| <a href="https://www.beachbodyondemand.com/blog/modified-exercises-for-weak-wrists">https://www.beachbodyondemand.com/blog/modified-exercises-for-weak-wrists</a>   | Private Blog  | USA  | Exercise  | No  | No  | No   | No                                     | 0                                  | 31/1/2023        | 31/1/2023           | 0                           |  |
| <a href="https://www.wellwillhealth.com/wrist-strengthening-exercises-2696622">https://www.wellwillhealth.com/wrist-strengthening-exercises-2696622</a>   | Wellbeing Website   | USA  | Exercise  | No  | No  | No   | No                                     | 1                                  | 11/11/2022       | 11/11/2022          | 1                           |  |
| <a href="https://med-dyns.com/pages/injury-treatment-wrist-pain">https://med-dyns.com/pages/injury-treatment-wrist-pain</a>   | Product   | USA  | Splinting; Exercise;                                    | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.verusarthritis.org/about-arthritis/conditions/osteoarthritis-of-the-hand-and-wrist/">https://www.verusarthritis.org/about-arthritis/conditions/osteoarthritis-of-the-hand-and-wrist/</a>                         | Charity   | England  | Lifestyle;  | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://sportsmedicine.mayoclinic.org/condition/wrist-sprain/">https://sportsmedicine.mayoclinic.org/condition/wrist-sprain/</a>   | Clinical Website  | USA  | Rest; Splinting; CT;                                    | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.nhs.uk/wp-content/uploads/2015/11/leaflet-wrist-sprain.pdf">https://www.nhs.uk/wp-content/uploads/2015/11/leaflet-wrist-sprain.pdf</a>   | NHS   | England  | Medication; Rest;                                       | Yes   | No  | Yes  | No                                     | 0                                  | Not Found        | Not Found           | 2                           |  |
| <a href="https://www.msdiagnostics.co.uk/patients/resources/hand-and-wrist/wrist-sprain/">https://www.msdiagnostics.co.uk/patients/resources/hand-and-wrist/wrist-sprain/</a>   | Private Service   | England  | CT; HT;   | No  | No  | Yes  | No                                     | 0                                  | Not Found        | Not Found           | 1                           |  |
| <a href="https://www.bonessources.com/health-care-services/orthopedics-sports-medicine/hand-wrist/conditions/hand-s">https://www.bonessources.com/health-care-services/orthopedics-sports-medicine/hand-wrist/conditions/hand-s</a>   | Private Service   | USA  | Rest; HT; CT;   | No  | No  | No   | No                                     | 0                                  | Not Found        | 19/4/2023           | 0                           |  |
| <a href="https://www.nhs.uk/conditions/sprains-and-strains/">https://www.nhs.uk/conditions/sprains-and-strains/</a>   | NHS   | England  | PT; Medication;   | Yes   | No  | Yes  | No                                     | 0                                  | 10/2/2021        | 10/2/2021           | 2                           |  |
| <a href="https://www.sportsinjuryclinic.net/sport-injuries/wrist-pain/acute-wrist-injuries/wrist-sprain">https://www.sportsinjuryclinic.net/sport-injuries/wrist-pain/acute-wrist-injuries/wrist-sprain</a>                           | Private Service   | England  | Medication; RICE;                                       | No  | Yes   | No   | No                                     | 0                                  | 1/2/2023         | 1/2/2023            | 1                           |  |
| <a href="https://www.obasio.co.uk/what-we-treat/musculoskeletal/conditions/wrist/wrist-sprain-aha">https://www.obasio.co.uk/what-we-treat/musculoskeletal/conditions/wrist/wrist-sprain-aha</a>                                       | Private Service   | England  | HT; PT; Splinting;                                      | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/wrist-tendonitis-vs-sprain">https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/wrist-tendonitis-vs-sprain</a>                       | Clinical Website  | USA  | HT; Medication;   | No  | Yes   | No   | No                                     | 0                                  | 10/2/23          | 9/2/2023            | 1                           |  |
| <a href="https://www.bshb.nhs.uk/wp-content/uploads/sites/5/2016/09/Wrist-sprain.pdf">https://www.bshb.nhs.uk/wp-content/uploads/sites/5/2016/09/Wrist-sprain.pdf</a>   | NHS   | England  | Medication; CT;   | Yes   | Yes   | Yes  | No                                     | 0                                  | 1/8/2013         | 1/8/15              | 3                           |  |
| <a href="https://www.gonpne.org/conditions/wrist-hand-crestive-use-injuries/diagnosis">https://www.gonpne.org/conditions/wrist-hand-crestive-use-injuries/diagnosis</a>   | Private Service   | USA  | RICE; HT; Injection;                                    | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.zwagandshomaz.nhs.uk/health-information/wrist-sprains-or-strain">https://www.zwagandshomaz.nhs.uk/health-information/wrist-sprains-or-strain</a>   | NHS   | England  | CT; Rest; Exercise;                                     | No  | No  | No   | No                                     | 0                                  | 1/11/2019        | 1/11/22             | 0                           |  |
| <a href="https://www.handsurgerydenver.com/wrist-sprain-vs-wrist-strain-what-the-difference/">https://www.handsurgerydenver.com/wrist-sprain-vs-wrist-strain-what-the-difference/</a>   | Private Service   | USA  | Surgery;  | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://professionalcareot.com/ave-you-sustained-a-wrist-sprain-or-strain-a-hand-therapist-could-help/">https://professionalcareot.com/ave-you-sustained-a-wrist-sprain-or-strain-a-hand-therapist-could-help/</a>           | Private Service   | USA  | MT; PT  | No  | No  | No   | No                                     | 1                                  | 10/12/2021       | Not Found           | 1                           |  |
| <a href="https://www.vollstrol.co.uk/pain-treatments/wrist-pain/">https://www.vollstrol.co.uk/pain-treatments/wrist-pain/</a>   | Product   | England  | Rest; CT;   | No  | No  | No   | Yes                                    | 1                                  | Not Found        | Not Found           | 2                           |  |
| <a href="https://www.surgobhealthcare.org/services/orthopedics/conditions/wrist-pain">https://www.surgobhealthcare.org/services/orthopedics/conditions/wrist-pain</a>   | Private Service   | USA  | Rest; CT; Splinting;                                    | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           | overweight,                                    |
| <a href="https://en.wikipedia.org/wiki/Wrist_pain">https://en.wikipedia.org/wiki/Wrist_pain</a>   | Online encyclopedia                                       | USA  | RICE; Activity  | No  | No  | Yes  | No                                     | 20                                 | Not Found        | 12/3/2023           | 2                           |  |
| <a href="https://www.mylifehealth.com/symptoms/hand-wrist-pain">https://www.mylifehealth.com/symptoms/hand-wrist-pain</a>   | Private Service   | England  | RICE; CT; Medication                                    | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.merseyside.nhs.uk/hand-and-wrist-pain">https://www.merseyside.nhs.uk/hand-and-wrist-pain</a>   | NHS   | England  | CT; Medication;   | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.nigandoc.com/blog/7-causes-of-wrist-pain-you-should-never-ignore">https://www.nigandoc.com/blog/7-causes-of-wrist-pain-you-should-never-ignore</a>   | Private Service   | USA  | Splint; Injection;                                      | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://castleortho.co.uk/hand-wrist/wrist-pain/">https://castleortho.co.uk/hand-wrist/wrist-pain/</a>   | Private Service   | England  | Medication;   | No  | No  | No   | No                                     | 0                                  | Not Found        | Not Found           | 0                           |  |
| <a href="https://www.sportsinjuryclinic.net/sport-injuries/wrist-pain-by-location">https://www.sportsinjuryclinic.net/sport-injuries/wrist-pain-by-location</a>   | Private Service   | England  | Medication; CT;   | No  | No  | No   | No                                     | 0                                  | Not Found        | 10/4/2023           | 0                           |  |
| <a href="https://healthcare.utah.edu/orthopedics/specialties/hand-gain/when-to-see-a-doctor.php">https://healthcare.utah.edu/orthopedics/specialties/hand-gain/when-to-see-a-doctor.php</a>   | Private Service   | USA  | RICE; Medication;                                       | No  | No  | Yes  | No                                     | 0                                  | Not Found        | Not Found           | 1                           |  |
| <a href="https://gnorebook.com/en-gb/simplepage.cfm?ID=624230416">https://gnorebook.com/en-gb/simplepage.cfm?ID=624230416</a>   | Medical info outlet                                       | England  | Rest; Injection;  | No  | No  | No   | No                                     | 3                                  | Not Found        | 1/9/2021            | 1                           |  |
| <a href="https://www.dailymailhealth.com/conditions-and-treatments/orthopedics/common-wrist-injuries-and-conditions/">https://www.dailymailhealth.com/conditions-and-treatments/orthopedics/common-wrist-injuries-and-conditions/</a> | Private Service   | USA  | Rest; Splinting;  | No  | No  | Yes  | No                                     | 0                                  | Not Found        | Not Found           | 1                           |  |
| <a href="https://www.newcastle-hospitals.nhs.uk/services/newcastle-occupational-health-service/physiotherapy/wrist-p">https://www.newcastle-hospitals.nhs.uk/services/newcastle-occupational-health-service/physiotherapy/wrist-p</a> | NHS   | England  | Medication; HT; CT;                                     | Yes   | Yes   | No   | No                                     | 0                                  | 9/2/23           | 9/2/2023            | 2                           |  |
| <a href="https://www.nhs.uk/conditions/hand-pain/wrist-pain/">https://www.nhs.uk/conditions/hand-pain/wrist-pain/</a>   | NHS   | England  | RICE; Medication;                                       | Yes   | Yes   | No   | No                                     | 0                                  | Not Found        | 8/3/2022            | 2                           |  |
| <a href="https://medlineplus.gov/wristinjuriesanddisorders.html">https://medlineplus.gov/wristinjuriesanddisorders.html</a>   | Medical info outlet                                       | USA  | RICE; Surgery;  | No  | No  | No   | No                                     | 2                                  | 6/8/2022         | 6/8/2022            | 1                           |  |
| <a href="https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/svc-20366213">https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/svc-20366213</a>   | Private Service   | USA  | Rest; CT;   | No  | No  | No   | No                                     | 15                                 | Not Found        | Not Found           | 1                           |  |
| <a href="https://www.henryford.com/blog/2020/11/wrist-injuries-and-when-to-get-help">https://www.henryford.com/blog/2020/11/wrist-injuries-and-when-to-get-help</a>   | Private Service   | USA  | Splinting   | No  | No  | Yes  | No                                     | 0                                  | 10/11/2020       | 10/11/2020          | 1                           |  |

|   |                     |         |                      |     |     |     |     |           |            |            |   |             |
|---|---------------------|---------|----------------------|-----|-----|-----|-----|-----------|------------|------------|---|-------------|
| <a href="https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/wrist-tendonitis-vs-sprain">https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/wrist-tendonitis-vs-sprain</a>                               | Clinical Website    | USA     | HT; Medication;      | No  | Yes | No  | No  | 0         | 10/2/23    | 9/2/2023   | 1 | overweight. |
| <a href="https://www.bah.nhs.uk/wp-content/uploads/sites/5/2016/09/Wrist-sprain.pdf">https://www.bah.nhs.uk/wp-content/uploads/sites/5/2016/09/Wrist-sprain.pdf</a>   | NHS                 | England | Medication; CT;      | Yes | Yes | Yes | No  | 0         | 1/8/2013   | 1/8/15     | 3 |             |
| <a href="https://nolanprone.org/conditions/wrist-and-rotator-cuff-injuries/dearross">https://nolanprone.org/conditions/wrist-and-rotator-cuff-injuries/dearross</a>   | Private Service     | USA     | RICE; HT; Injection; | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://www.susandisorders.nhs.uk/health-information/wrist-sprains-or-strains">https://www.susandisorders.nhs.uk/health-information/wrist-sprains-or-strains</a>   | NHS                 | England | CT; Rest; Exercise;  | No  | No  | No  | No  | 0         | 1/11/2019  | 1/11/22    | 0 |             |
| <a href="https://www.handwristcare.com/wrist-sprains-vs-wrist-strain-what-is-the-difference/">https://www.handwristcare.com/wrist-sprains-vs-wrist-strain-what-is-the-difference/</a>   | Private Service     | USA     | Surgery;             | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://www.professionaled.com/have-you-sustained-a-wrist-sprain-or-strain-a-hand-therapist-could-help/">https://www.professionaled.com/have-you-sustained-a-wrist-sprain-or-strain-a-hand-therapist-could-help/</a>                 | Private Service     | USA     | MT; PT               | No  | No  | No  | No  | 1         | 10/12/2021 | Not Found  | 1 |             |
| <a href="https://www.voltrac.co.uk/pain-treatments/wrist-pain/">https://www.voltrac.co.uk/pain-treatments/wrist-pain/</a>   | Product             | England | Rest; CT;            | No  | No  | No  | Yes | 1         | Not Found  | Not Found  | 2 |             |
| <a href="https://www.aurorahealthcare.org/services/orthopedics/conditions/wrist-pain">https://www.aurorahealthcare.org/services/orthopedics/conditions/wrist-pain</a>   | Private Service     | USA     | Rest; CT; Splinting; | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://en.wikipedia.org/wiki/Wrist_pain">https://en.wikipedia.org/wiki/Wrist_pain</a>   | Online encyclopedia | USA     | RICE; Activity       | No  | No  | Yes | No  | 20        | Not Found  | 12/3/2023  | 2 |             |
| <a href="https://www.medichealth.com/symptoms/hand-wrist-pain">https://www.medichealth.com/symptoms/hand-wrist-pain</a>   | Private Service     | England | RICE; CT; Medication | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://www.merckcare.nhs.uk/hand-and-wrist-pain">https://www.merckcare.nhs.uk/hand-and-wrist-pain</a>   | NHS                 | England | CT; Medication;      | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://www.niaonline.com/blog/7-causes-of-wrist-pain-you-should-never-ignore">https://www.niaonline.com/blog/7-causes-of-wrist-pain-you-should-never-ignore</a>   | Private Service     | USA     | Splint; Injection;   | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://eastortho.co.uk/hand-wrist/wrist-pain/">https://eastortho.co.uk/hand-wrist/wrist-pain/</a>   | Private Service     | England | Medication;          | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://www.sportsinjuryclinic.net/sport-injuries/wrist-pain-by-location">https://www.sportsinjuryclinic.net/sport-injuries/wrist-pain-by-location</a>   | Private Service     | England | Medication; CT;      | No  | No  | No  | No  | 0         | Not Found  | 10/4/2023  | 0 |             |
| <a href="https://healthcare.utah.edu/orthopedics/specialties/hand-pain/when-to-see-a-doctor.php">https://healthcare.utah.edu/orthopedics/specialties/hand-pain/when-to-see-a-doctor.php</a>   | Private Service     | USA     | RICE; Medication;    | No  | No  | Yes | No  | 0         | Not Found  | Not Found  | 1 |             |
| <a href="https://sporthook.com/en-63/simplepage.cfm?ID=62420416">https://sporthook.com/en-63/simplepage.cfm?ID=62420416</a>   | Medical info outlet | England | Rest; Injection;     | No  | No  | No  | 3   | Not Found | 1/9/2021   | Not Found  | 1 |             |
| <a href="https://www.dignityhealth.org/conditions-and-treatments/orthopedics/common-wrist-injuries-and-conditions">https://www.dignityhealth.org/conditions-and-treatments/orthopedics/common-wrist-injuries-and-conditions</a>               | Private Service     | USA     | Rest; Splinting;     | No  | No  | Yes | No  | 0         | Not Found  | Not Found  | 1 |             |
| <a href="https://www.newcastle-hospitals.nhs.uk/services/newcastle-occupational-health-service/physiotherapy/wrist-pain/">https://www.newcastle-hospitals.nhs.uk/services/newcastle-occupational-health-service/physiotherapy/wrist-pain/</a> | NHS                 | England | Medication; HT; CT;  | Yes | Yes | No  | No  | 0         | 9/2/23     | 9/2/2023   | 2 |             |
| <a href="https://www.nhs.uk/conditions/hand-pain/wrist-pain/">https://www.nhs.uk/conditions/hand-pain/wrist-pain/</a>   | NHS                 | England | RICE; Medication;    | Yes | Yes | No  | No  | 0         | Not Found  | 8/3/2022   | 2 |             |
| <a href="https://medlineplus.gov/wristinjuriesanddisorders.html">https://medlineplus.gov/wristinjuriesanddisorders.html</a>   | Medical info outlet | USA     | RICE; Surgery;       | No  | No  | No  | No  | 2         | 6/8/2022   | 6/8/2022   | 1 |             |
| <a href="https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/syc-20366213">https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/syc-20366213</a>   | Private Service     | USA     | Rest; CT;            | No  | No  | No  | 15  | Not Found | Not Found  | Not Found  | 1 |             |
| <a href="https://www.henryford.com/blog/2020/11/wrist-injuries-and-when-to-get-help">https://www.henryford.com/blog/2020/11/wrist-injuries-and-when-to-get-help</a>   | Private Service     | USA     | Splinting            | No  | No  | Yes | No  | 0         | 10/11/2020 | 10/11/2020 | 1 |             |
| <a href="https://elth.nhs.uk/application/files/2115/8580/9033/Wrist_injury_Leahlet_V6.pdf">https://elth.nhs.uk/application/files/2115/8580/9033/Wrist_injury_Leahlet_V6.pdf</a>   | NHS                 | England | Exercise; CT         | Yes | No  | Yes | No  | 0         | 1/4/2020   | 1/4/2020   | 2 |             |
| <a href="https://www.emedicinehealth.com/wrist_injury/article_em.htm">https://www.emedicinehealth.com/wrist_injury/article_em.htm</a>   | Medical info outlet | USA     | Splinting;           | No  | No  | Yes | No  | 1         | 1/11/2022  | 1/11/2022  | 2 |             |
| <a href="https://www.hev.nhs.uk/patient-leaflets/soft-tissue-injury-wrist-hand/">https://www.hev.nhs.uk/patient-leaflets/soft-tissue-injury-wrist-hand/</a>   | NHS                 | England | RICE; Exercise       | Yes | Yes | Yes | Yes | 0         | 19/1/2021  | 19/1/2022  | 4 |             |
| <a href="https://www.elastoplast.co.uk/did-you-know/sports-and-activity/wrist-pain-injuries">https://www.elastoplast.co.uk/did-you-know/sports-and-activity/wrist-pain-injuries</a>   | Product             | England | RICE; Splinting;     | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://www.drugs.com/health-guide/wrist-sprain.html">https://www.drugs.com/health-guide/wrist-sprain.html</a>   | Medical info outlet | USA     | RICE; Medication;    | No  | No  | Yes | No  | 0         | 23/1/2023  | 23/1/2023  | 1 |             |
| <a href="https://handandwristinstitute.com/whats-better-for-a-wrist-sprain-ice-or-heat/">https://handandwristinstitute.com/whats-better-for-a-wrist-sprain-ice-or-heat/</a>   | Private Service     | USA     | RICE; HT             | No  | Yes | No  | No  | 0         | Not Found  | Not Found  | 1 |             |
| <a href="https://www.elthospitals.nhs.uk/documents/0047/Soft_tissue_injuries_affecting_the_wrist_and_hand_GHP10">https://www.elthospitals.nhs.uk/documents/0047/Soft_tissue_injuries_affecting_the_wrist_and_hand_GHP10</a>                   | NHS                 | England | RICE; CT; Exercise;  | Yes | Yes | No  | No  | 0         | 1/4/2019   | 1/4/2022   | 3 |             |
| <a href="http://www.buckinghamshireanduregon.co.uk/conditions-treated/ligament-and-soft-tissue-wrist-injury/">http://www.buckinghamshireanduregon.co.uk/conditions-treated/ligament-and-soft-tissue-wrist-injury/</a>                         | Private Service     | England | Medication;          | No  | No  | Yes | No  | 0         | Not Found  | Not Found  | 1 |             |
| <a href="https://yogainternational.com/article/view/healing-and-preventing-wrist-injuries">https://yogainternational.com/article/view/healing-and-preventing-wrist-injuries</a>   | Private Blog        | USA     | Yoga                 | No  | No  | No  | No  | 0         | Not Found  | Not Found  | 0 |             |
| <a href="https://www.ruh.nhs.uk/patients/patient-information/ORT_057_Advice_after_a_wrist_sprain.pdf">https://www.ruh.nhs.uk/patients/patient-information/ORT_057_Advice_after_a_wrist_sprain.pdf</a>   | NHS                 | England | Splinting;           | No  | Yes | Yes | Yes | 0         | 1/2/2020   | Not Found  | 3 |             |

|   |                     |         |                       |     |     |     |     |    |            |            |   |   |
|---|---------------------|---------|-----------------------|-----|-----|-----|-----|----|------------|------------|---|---|
| <a href="https://www.sportsmedtoday.com/ulnar-aided-wrist-injuries-vs-51.html">https://www.sportsmedtoday.com/ulnar-aided-wrist-injuries-vs-51.html</a>   | Medical info outlet | USA     | Splinting; Taping;    | No  | No  | No  | No  | 2  | Not Found  | Not Found  | 1 | pregnancy, diabetes, sis, gout, diabetes, diabetes. |
| <a href="https://www.woodlandsportsmedicine.com/blog/5-common-hand-and-wrist-injuries-among-athletes">https://www.woodlandsportsmedicine.com/blog/5-common-hand-and-wrist-injuries-among-athletes</a>   | Private Service     | USA     | Rest; CT;             | Yes | No  | No  | No  | 0  | Not Found  | Not Found  | 1 |   |
| <a href="https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/syc-20366213#__nextWrist%20">https://www.mayoclinic.org/diseases-conditions/wrist-pain/symptoms-causes/syc-20366213#__nextWrist%20</a>   | Private Service     | USA     | Medication;           | No  | No  | No  | Yes | 0  | 28/10/2022 | Not Found  | 1 |   |
| <a href="https://www.medicnewstoday.com/articles/912070">https://www.medicnewstoday.com/articles/912070</a>   | Medical info outlet | USA     | Rest; CT;             | No  | No  | No  | Yes | 7  | 23/11/2021 | Not Found  | 2 |   |
| <a href="https://www.verywellhealth.com/wrist-pain-causes-symptoms-and-treatments-2349458">https://www.verywellhealth.com/wrist-pain-causes-symptoms-and-treatments-2349458</a>   | Medical info outlet | USA     | RICE; Splinting;      | No  | Yes | No  | Yes | 0  | 12/10/2022 | Not Found  | 2 |   |
| <a href="https://www.webmd.com/pain-management/guide/hand-pain-causes">https://www.webmd.com/pain-management/guide/hand-pain-causes</a>   | Medical info outlet | USA     | Splinting;            | No  | No  | No  | Yes | 0  | 18/12/2022 | Not Found  | 1 |   |
| <a href="https://www.healthline.com/health/wrist-pain">https://www.healthline.com/health/wrist-pain</a>   | Medical info outlet | USA     | Medication; HT;       | No  | No  | No  | Yes | 12 | 31/1/2022  | Not Found  | 2 |   |
| <a href="https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/self-management-advice/wrist-h">https://www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints/self-management-advice/wrist-h</a>   | NHS                 | England | Medication; HT; CT;   | Yes | No  | Yes | Yes | 0  | 2/2/2023   | Not Found  | 3 |   |
| <a href="https://southpainspecialty.com/blog/wrist-pain-causes-how-to-treat-it?utm_source=rss&amp;utm_medium=rss&amp;utm_campaign=blog">https://southpainspecialty.com/blog/wrist-pain-causes-how-to-treat-it?utm_source=rss&amp;utm_medium=rss&amp;utm_campaign=blog</a> | Private Service     | USA     | Medication; RICE;     | No  | No  | No  | No  | 0  | 16/11/2022 | Not Found  | 0 |   |
| <a href="https://www.ash.org/handcare/blog/3-causes-of-wrist-pain">https://www.ash.org/handcare/blog/3-causes-of-wrist-pain</a>   | Private Service     | USA     | Surgery; Splinting;   | No  | No  | No  | No  | 0  | 22/5/2016  | Not Found  | 0 |   |
| <a href="https://www.ash.org/handcare/condition/ulnar-wrist-pain">https://www.ash.org/handcare/condition/ulnar-wrist-pain</a>   | Private Service     | USA     | Surgery; Splinting;   | No  | No  | No  | No  | 0  | Not Found  | Not Found  | 0 |   |
| <a href="https://www.umc.rochester.edu/orthopedics/hand-wrist/conditions.cfm">https://www.umc.rochester.edu/orthopedics/hand-wrist/conditions.cfm</a>   | Private Service     | USA     | Surgery; Splinting;   | No  | No  | No  | No  | 0  | Not Found  | Not Found  | 0 |   |
| <a href="https://www.zelinger.org/health-and-wellness/wellness-articles/2018/10/04/20/06/dont-ignore-your-hand-an">https://www.zelinger.org/health-and-wellness/wellness-articles/2018/10/04/20/06/dont-ignore-your-hand-an</a>   | Private Service     | USA     | Surgery;              | No  | No  | No  | No  | 0  | 13/6/2022  | Not Found  | 0 |   |
| <a href="https://www.livestrong.com/news/common-causes-for-sharp-pain-in-wrists/">https://www.livestrong.com/news/common-causes-for-sharp-pain-in-wrists/</a>   | Private Service     | USA     | Medication;           | No  | No  | No  | No  | 0  | 20/9/2020  | Not Found  | 0 |   |
| <a href="https://www.bordertherapy.com/why-does-my-wrist-hurt-when-i-bend-it-or-put-pressure-on-it/">https://www.bordertherapy.com/why-does-my-wrist-hurt-when-i-bend-it-or-put-pressure-on-it/</a>   | Private Service     | USA     | MT; Taping; Dry       | No  | No  | No  | No  | 0  | Not Found  | Not Found  | 0 |   |
| <a href="https://handinjuries.com.au/index.php/blog/entry/why-does-my-wrist-hurt-and-cause-me-pain">https://handinjuries.com.au/index.php/blog/entry/why-does-my-wrist-hurt-and-cause-me-pain</a>   | Private Blog        | AUS     | Splinting             | No  | No  | No  | No  | 0  | Not Found  | Not Found  | 0 |   |
| <a href="https://www.2use.ie/conditions/hand-pain/wrist-pain/">https://www.2use.ie/conditions/hand-pain/wrist-pain/</a>   | Private Service     | Ireland | Rest; Splinting;      | No  | Yes | No  | No  | 0  | 8/4/2021   | 8/4/2024   | 1 |   |
| <a href="https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/symptoms-wrist-tendonitis">https://www.sports-health.com/sports-injuries/hand-and-wrist-injuries/symptoms-wrist-tendonitis</a>   | Medical info outlet | USA     | Splinting;            | No  | Yes | Yes | Yes | 9  | 4/4/2019   | 4/4/2019   | 4 |   |
| <a href="https://adventpat.com/top-of-wrist-pain-it-might-not-be-carpal-tunnel-syndrome/">https://adventpat.com/top-of-wrist-pain-it-might-not-be-carpal-tunnel-syndrome/</a>   | Private Service     | USA     | PT; Splinting; Taping | No  | No  | Yes | No  | 0  | Not Found  | Not Found  | 1 |   |
| <a href="https://carrolltonortho.com/news-events/posts/wrist/8-ways-to-quickly-treat-and-prevent-wrist-pain/">https://carrolltonortho.com/news-events/posts/wrist/8-ways-to-quickly-treat-and-prevent-wrist-pain/</a>   | Private Service     | USA     | Exercise; Activity    | No  | No  | No  | No  | 0  | 3/1/2020   | Not Found  | 0 |   |
| <a href="https://networkandnerve.com/services/hand-upper-extremity/causes-hand-wrist-pain/">https://networkandnerve.com/services/hand-upper-extremity/causes-hand-wrist-pain/</a>   | Private Service     | USA     | Medication;           | No  | No  | No  | No  | 7  | Not Found  | Not Found  | 1 |   |
| <a href="https://familydoctor.org/condition/de-quervains-tenosynovitis/">https://familydoctor.org/condition/de-quervains-tenosynovitis/</a>   | Private Service     | USA     | HT; CT; Medication;   | No  | Yes | Yes | No  | 0  | 6/12/2022  | 6/12/2022  | 2 |   |
| <a href="https://www.henryford.com/blog/2017/10/carpal-tunnel-syndrome-identifying-symptoms">https://www.henryford.com/blog/2017/10/carpal-tunnel-syndrome-identifying-symptoms</a>   | Private Blog        | USA     | Medication; CT;       | No  | No  | No  | No  | 0  | 30/10/2017 | 30/10/2022 | 0 |   |
| <a href="https://medicine.umich.edu/dept/orthopedic-surgery/patient-care-services/hand-upper-extremity/post-traum">https://medicine.umich.edu/dept/orthopedic-surgery/patient-care-services/hand-upper-extremity/post-traum</a>   | Private Service     | USA     | Medication; HT; CT;   | No  | No  | No  | No  | 0  | Not Found  | Not Found  | 0 |   |
| <a href="https://spordocstore.com/wrist-pain-and-splinting/">https://spordocstore.com/wrist-pain-and-splinting/</a>   | Private Service     | England | Medication;           | No  | No  | No  | No  | 0  | 28/1/2021  | Not Found  | 0 |   |
| <a href="https://twinkl.com/why-does-my-wrist-hurt">https://twinkl.com/why-does-my-wrist-hurt</a>   | Private Service     | USA     | Exercise; MT; CT;     | No  | No  | No  | No  | 0  | 8/5/2020   | Not Found  | 0 |   |
| <a href="https://yorkvillephysiotherapy.com/why-does-the-inky-side-of-my-wrist-hurt/">https://yorkvillephysiotherapy.com/why-does-the-inky-side-of-my-wrist-hurt/</a>   | Private Service     | Canada  | Splinting;            | No  | Yes | No  | No  | 5  | Not Found  | Not Found  | 2 |   |
| <a href="https://www.brightonhealth.com/learn/wrist-pain">https://www.brightonhealth.com/learn/wrist-pain</a>   | Medical info outlet | USA     | Medications; PT;      | No  | No  | No  | No  | 8  | 18/6/2022  | Not Found  | 1 |   |
| <a href="https://www.wikihow.com/Relieve-Wrist-Pain-from-Lifting">https://www.wikihow.com/Relieve-Wrist-Pain-from-Lifting</a>   | Medical info outlet | USA     | Medication; Taping;   | Yes | No  | No  | No  | 0  | 4/12/2022  | Not Found  | 1 |   |

body mass, high