

SUPPLEMENTAL FILE 2

List of Questions for Round 1 of the Delphi Questionnaire

Participant Characteristics

- What is your age (in years)?
- What is your country of origin?
- In which country do you currently live / work?
- What is your highest professional qualification (e.g. PhD, MSc, etc.)?
- What is your professional background? (multiple answers possible)
- What is your current main occupation?

Eligibility criteria

- Do you have: ≥ 1 peer-reviewed publications on cervical radiculopathy or cervical spinal entrapment neuropathies within the past 10 years?
- Can you list 1 or 2 of your (most relevant) publication(s)?
- Do you have ≥ 10 years' experience working in a pain/musculoskeletal outpatient service with patients with cervical radiculopathy or cervical spinal entrapment neuropathies?

ROUND 1 QUESTIONNAIRE

In this section you will find a list of treatment modalities that have been proposed to be effective for patients with cervical radiculopathy.

Some modalities might be more relevant to a particular stage of the process of recovery i.e. the first 6 weeks = "acute"; from 6-12 weeks = "sub-acute"; > 12 weeks = "chronic".

In this section please rate the relevance of each individual treatment modality for each of the different stages (acute, sub-acute, chronic).

Later on in the questionnaire you can add treatment modalities you feel have not yet been mentioned.

List of proposed effective treatment modalities

Counseling

- Information / patient education
- Pain education
- Behavioral therapy
- Physiotherapy
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General Physiotherapy

- General aerobic exercise
- General strength training
- Focused / targeted strength training
- Individualized physical activity
- Supervised exercise
- Motor control exercise
- Directional preference exercise
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Spinal Manipulative Therapy

- Spinal manipulative therapy as a stand-alone treatment

- Cervical manipulation
- Cervical mobilization
- Thoracic manipulation
- Thoracic mobilization
- Chiropractic treatment
- Neurodynamic mobilization
- Spinal manipulative therapy combined with (specific) exercise
- Spinal manipulative therapy combined with neurodynamic mobilization
- Spinal manipulative therapy combined with neurodynamic mobilization and (specific) exercise

Traction

- Mechanical “over the door” traction
- Continuous mechanical traction
- Intermittent mechanical traction
- Manual traction
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Miscellaneous

- Hard collar
- Soft collar
- Massage
- Acupuncture
- Dry Needling
- Medical Tape / Kinesiotape
- Transcutaneous electrical nerve stimulation (TENS)
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Medication

- Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) e.g. Ibuprofen, Diclofenac, Meloxicam, Naproxen, Celecoxib, Indomethacin, etc.
- Opioids (e.g. Codeine, Hydrocodone, Vicodin, Morphine, Oxycodone, Percocet, Fentanyl, etc.)
- Combination of NSAIDs and Opioids
- Anti-epileptic drugs (e.g. Pregabalin, Gabapentin, Lyrica, etc.)
- Combination of NSAIDs and Anti-epileptic drugs
- Combination of Opioids and Anti-epileptic drugs
- Combination of NSAIDs and Opioids and Anti-epileptic drugs

Additions

In this final section you can add treatment modalities you feel have not been mentioned in the previous section. Please rate them also for each individual stage of CR (acute, sub-acute, chronic)