

Supplementary Material for: “Quality and Reliability Evaluation of Online Videos on Carpal Tunnel Syndrome: A YouTube Video-based Study”**Journal:** *BMJ Open***Authors:** Donghee Kwak, Jong Woong Park, Yousun Won, Yeongkeun Kwon, Jung Il Lee**Corresponding author:** Jung Il Lee, M.D., Ph.D.; Email: osjungil@gmail.com**Supplementary Table 1.** Full list of video URLs included in the study

Full list of video URLs			
Number	Channel Name	Video Title	URLs
1	BroadcastMed Network	Podcast: See a live surgery for carpal tunnel syndrome	https://www.youtube.com/watch?v=XCcplgeQzrU
2	David Kuckhermann	exercises for tendinitis (tendonitis) and carpal tunnel (cps)	https://www.youtube.com/watch?v=hUyMNyrOHJQ
3	Dr. Josh Axe	How to Get Natural Carpal Tunnel Relief in 24 Hours Dr. Josh Axe	https://www.youtube.com/watch?v=LTKyioqoZVM
4	KT Tape	KT Tape: Carpal Tunnel	https://www.youtube.com/watch?v=FAWu0_SWdHM
5	Nucleus Medical Media	Carpal Tunnel Syndrome Nucleus Health	https://www.youtube.com/watch?v=z-SeJh5-nOo
6	Madden Physical Therapy	Top 3 Exercises for Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=gTxQqu9USC4
7	Cleveland Clinic	Worried About Carpal Tunnel? Try 3 Simple Stretches	https://www.youtube.com/watch?v=f2lHpWNaQaQ
8	AskDoctorJo	5 Best Carpal Tunnel Syndrome Stretches & Exercises - Ask Doctor Jo	https://www.youtube.com/watch?v=Q5G916yCyF0
9	LoseTheBackPain	Self Acupressure for Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=0GtGmf6Z760
10	Dr Thomas McClellan	Live Surgery Open Carpal Tunnel Release Surgery.m4v	https://www.youtube.com/watch?v=YVPe5WT15yg

11	Armando Hasudungan	Clinical Anatomy - Hand, Wrist (palmar aspect/flexors)	https://www.youtube.com/watch?v=3aIHxXqKzcU
12	HM Massage	Carpal Tunnel Self Massage Fix	https://www.youtube.com/watch?v=kkQs9ytO20M
13	TheProactiveAthlete	Carpal Tunnel Syndrome Exercises	https://www.youtube.com/watch?v=B5goXA9MqCA
14	j7conley	Carpal Tunnel Treatment - Relief Without Surgery	https://www.youtube.com/watch?v=ni95m_2ntR0
15	Blitz Esports LoL	Carpal Tunnel in Esports, explained in 5 minutes	https://www.youtube.com/watch?v=aHG9HX5kl6M
16	WorkSafeBC	Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=J11EfiHMYw
17	TheSurgerySquad	Carpal Tunnel Surgery	https://www.youtube.com/watch?v=_p799CipRL0
18	Physiotutors	Phalen's Test Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=rQJNrKq7tIs
19	Carpal Tunnel Gadgets	Carpal Tunnel Exercises using Stress Ball	https://www.youtube.com/watch?v=zLgyubFK-BM
20	Physiotutors	Tinel Sign: Wrist Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=U8cPjPeZgFw
21	Road	Wrist Exercises for Tendinitis Carpal Tunnel Syndrome - Avoid RSI injury in just 2 minutes a day!	https://www.youtube.com/watch?v=fdD7CgN5FGg
22	Bob & Brad	Carpal Tunnel? Avoid Surgery with 3 Step Self-Treatment Program	https://www.youtube.com/watch?v=B-5c5yyySnU
23	ZHealthPerformance	Carpal Tunnel Relief Exercises	https://www.youtube.com/watch?v=BHfKutz21do
24	Carpal Tunnel Gadgets	Hand Massage for Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=yVXW6m3EDOk
25	Dr Levi Harrison	Is It Carpal Tunnel Syndrome OR Tendonitis?	https://www.youtube.com/watch?v=YCc_eIrjeFk
26	Yoga with Kassandra	Yoga for Wrists & Fingers - Yoga for Wrist Cramps & Carpal Tunnel	https://www.youtube.com/watch?v=tSD35Q15rm8
27	nabil ebraheim	Carpal Tunnel Syndrome - Everything You Need To	https://www.youtube.com/watch?v=tjyU55ilshQ

		Know - Dr. Nabil Ebraheim	
28	Dr Joseph Cipriano DC	*HUGE* Carpal Tunnel Syndrome RELEASE with CHIROPRACTIC Adjustment	https://www.youtube.com/watch?v=YMUBlaVChOs
29	Bob & Brad	Best Sleeping Position for Shoulder, Arm, & Wrist Pain- also Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=YZLMpSGOz34
30	Vitality Massage	Massage for Carpal Tunnel Syndrome - STOP Wrist Pain Fast!	https://www.youtube.com/watch?v=30Aq24-xp2c
31	motivationaldoc	Carpal Tunnel Self-Correction Adjustment - Dr. Alan Mandell, D.C.	https://www.youtube.com/watch?v=iHVtzOCgy0Y
32	Bob & Brad	What They Don't Tell You About Carpal Tunnel Syndrome! Stretches & Treatments	https://www.youtube.com/watch?v=n26CXK6xZek
33	RMCrayne	Carpal Tunnel Syndrome Provocative Tests & Physical Exam	https://www.youtube.com/watch?v=Ze9piW3wgYw
34	EkhartYoga	Yoga Exercises for Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=x3Yb0KVXcTE
35	Mr Jeremy Read Hand Surgeon	Carpal tunnel release	https://www.youtube.com/watch?v=yHx_Cbf2tqo
36	nabil ebraheim	Carpal Tunnel Injection - Everything You Need To Know - Dr. Nabil Ebraheim	https://www.youtube.com/watch?v=G4OanhAEZoM
37	motivationaldoc	How to Determine if You Really Have Carpal Tunnel Syndrome - Dr Mandell, DC	https://www.youtube.com/watch?v=SSbcdh4SVpE
38	motivationaldoc	Carpal Tunnel Syndrome: Fast Natural Relief in Minutes - Dr Alan Mandell, DC	https://www.youtube.com/watch?v=ZBvZIsY-Kdc

39	Jedediah Jones	Hand Exam For Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=FRO78pJ8VXo
40	PreOp.com Patient Engagement - Patient Education	Carpal Tunnel Syndrome Repair Surgery - PreOp® Patient Education Medical HD	https://www.youtube.com/watch?v=-vSgnYhoITc
41	Medscape	Carpal Tunnel Release Surgical Procedure Part I	https://www.youtube.com/watch?v=VROrnggbsek
42	Massage Therapeutics	Forearm Anatomy: Help Relieve Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=Kx9-ZDWmzKw
43	3dmusclepep	3D CGI medical video carpal tunnel syndrome	https://www.youtube.com/watch?v=u5dWTGYQ6PU
44	Malek Racy	Carpal Tunnel Release - Teaching Video	https://www.youtube.com/watch?v=bLYLVNjP7H8
45	MedStar Health	Surgery Video: Carpal Tunnel - MedStar Union Memorial	https://www.youtube.com/watch?v=jiUKeCLMS90
46	CinnamonToastKen	Carpal Tunnel Surgery	https://www.youtube.com/watch?v=P1sUe7g_9L0
47	Adam J. Story, DC	Carpal Tunnel Fix - DIY No brace!!	https://www.youtube.com/watch?v=B9a8u16hIhQ
48	John Mahoney	Carpal Tunnel Release for carpal tunnel syndrome, by John Mahoney, M.D., more at www.DoctorMahoney.com	https://www.youtube.com/watch?v=xuqcfRG2phk
49	nandapillai	Carpal Tunnel Syndrome Operation	https://www.youtube.com/watch?v=lxqqX2pDryQ
50	handarmdoc	Recognizing Thumb Muscle Atrophy - Carpal Tunnel Syndrome	https://www.youtube.com/watch?v=ffCnKIZVJvQ
51	Bob & Brad	Top 3 Exercises to Perform AFTER Carpal Tunnel Surgery (Release)	https://www.youtube.com/watch?v=z7mGU7877SE
52	JoeCubicle	One month after carpal tunnel surgery	https://www.youtube.com/watch?v=MjjnVx65Wyg
53	CarpalRx	Early symptoms and warning signs of carpal tunnel syndrome	https://www.youtube.com/watch?v=rnZEwSAYCdU

54	Rehab and Revive	5 Exercises to PREVENT and ALLEVIATE Carpal Tunnel	https://www.youtube.com/watch?v=pbHRK7jpr1M
55	Coordinated Health	Carpal Tunnel Release - Dr. Jon Hernandez	https://www.youtube.com/watch?v=t6DWcLKygpy

10	Dr Thomas McClellan	Live Surgery Open Carpal Tunnel Release Surgery.m4v	1	1	1	0	1	1	1	1							1		1	1	1	1	1	1	1	1	
11	Armando Hasudungan	Clinical Anatomy - Hand, Wrist (palmar aspect/flexors)	1	1	1	0	1	1	1	1																	
12	HM Massage	Carpal Tunnel Self Massage Fix	0	0	1	0	1		1	1							1										
13	TheProactiveAthlete	Carpal Tunnel Syndrome Exercises	1	0	1	0	1	1		1	1						1										
14	j7conley	Carpal Tunnel Treatment - Relief Without Surgery	0	0	1	0	1	1	1	1							1		1	1	1						
15	Blitz Esports LoL	Carpal Tunnel in Esports, explained in 5 minutes	1	0	1	0	1		1	1	1						1		1	1	1					1	
16	WorkSafeBC	Carpal Tunnel Syndrome	0	0	1	0	1	1	1	1																	
17	TheSurgerySquad	Carpal Tunnel Surgery	1	1	1	0	1		1	1	1										1	1				1	1
18	Physiotutors	Phalen's Test Carpal Tunnel Syndrome	1	0	1	0			1																		
19	Carpal Tunnel Gadgets	Carpal Tunnel Exercises using Stress Ball	0	0	1	0															1						
20	Physiotutors	Tinel Sign: Wrist Carpal Tunnel Syndrome	1	0	1	0																					
21	Road	Wrist Exercises for Tendinitis Carpal Tunnel Syndrome - Avoid RSI injury in just 2 minutes a day!	0	1	1	0	1			1	1																

30	Vitality Massage	Massage for Carpal Tunnel Syndrome - STOP Wrist Pain Fast!	0	0	1	0	1								1												
31	motivationaldoc	Carpal Tunnel Self-Correction Adjustment - Dr. Alan Mandell, D.C.	1	0	1	0	1	1	1	1						1						1					
32	Bob & Brad	What They Don't Tell You About Carpal Tunnel Syndrome! Stretches & Treatments	1	0	1	0	1	1	1	1	1					1	1					1	1				
33	RMCrayne	Carpal Tunnel Syndrome Provocative Tests & Physical Exam	1	0	1	0	1		1	1																	
34	EkhartYoga	Yoga Exercises for Carpal Tunnel Syndrome	0	0	1	0									1												
35	Mr Jeremy Read Hand Surgeon	Carpal tunnel release	1	0	1	0																			1	1	
36	nabil ebraheim	Carpal Tunnel Injection - Everything You Need To Know - Dr. Nabil Ebraheim	1	1	1	1	1	1	1	1						1											
37	motivationaldoc	How to Determine if You Really Have Carpal Tunnel Syndrome - Dr Mandell, DC	1	1	1	0	1	1	1	1	1					1											
38	motivationaldoc	Carpal Tunnel Syndrome: Fast Natural Relief in	1	1	1	0	1	1	1	1	1					1	1	1	1	1							

		Minutes - Dr Alan Mandell, DC																																																						
39	Jedediah Jones	Hand Exam For Carpal Tunnel Syndrome	1	1	1	0	1	1	1	1																																														
40	PreOp.com Patient Engagement - Patient Education	Carpal Tunnel Syndrome Repair Surgery - PreOp® Patient Education Medical HD	1	0	1	0	1	1	1	1																																														
41	Medscape	Carpal Tunnel Release [Surgical Procedure] Part I	1	0	1	0																																																		
42	Massage Therapeutics	Forearm Anatomy: Help Relieve Carpal Tunnel Syndrome	1	0	1	0	1	1	1																																															
43	3dmusclepep	3D CGI medical video carpal tunnel syndrome	0	0	1	0	1	1	1																																															
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