**Supplemental Material: Post Hoc Survey Methods**

Based on the results of the post-hoc analysis, a separate survey was performed to test the authors' opinions about which DASH activities were unilateral versus bilateral, and how much each activity would be affected by using the left vs. right hand (i.e. how hand-specific it was). This was a rapid post-hoc survey, so no power analysis was performed. No demographic information was collected on the 19 adult participants, all of whom were associated with the [local department, local institution; removed for blinding]. The group could include any combination of students, faculty, and/or friends thereof.

All procedures followed were in accordance with the ethical standards of the responsible committee on human experimentation (institutional and national) and with the Helsinki Declaration of 1975, as revised in 2008. Informed consent was obtained from all patients for being included in the study.

Survey participants were asked their level of familiarity with the DASH survey. Possible answers were: no familiarity, a little familiar, moderately familiar, or very familiar. A mix of familiar and unfamiliar participants was desired, because the goal was to evaluate the activities rather than the DASH *per se*.

We sought a mix of individuals with and without expertise in the DASH survey, and achieved this mix: of the 19 adult participants, nine reported no familiarity (47%), five "a little" (26%) "a little," three "moderately" (16,) one "very" (5%), and seven (37%) declined to answer.

Participants were presented with the full set of activity items included in the DASH (DASH items 1-21). These activities were: (1) open a tight or new jar; (2) write; (3) turn a key; (4) prepare a meal; (5) push open a heavy door; (6) place an object on a shelf above your head; (7) do heavy household chores (e.g. wash walls or floors); (8) garden or do yard work; (9) make a bed; (10) carry a shopping bag or briefcase; (11) carry a heavy object (over 10 lbs); (12) change a lightbulb overhead; (13) wash or blow dry your hair; (14) wash your back; (15) put on a pullover sweater; (16) use a knife to cut food; (17) recreational activities which require little effort (e.g. cardplaying, knitting, etc); (18) recreational activities in which you take some force or impact through your arm, shoulder, or hand; (19) recreational activities in which you move your arm freely (e.g. frisbee, badminton, etc.); (20) manage transportation needs; and (21) sexual activities.

For each of these twenty-one activities, participants answered two questions. The first question was, "Would most people do this task with one hand or two?" Participants were instructed to select one of five possible answers (Likert scale): always two, usually two, either/unsure, usually one, always one. The second question was, "How much would it matter if a person switched hands (left vs. right)?" Answers followed the same format, except options were: a lot, somewhat, unsure, a little, not at all.

For both questions, participants were told to interpret "hand" as "hand, arm, and/or shoulder" as appropriate.

Survey data were analyzed to identify whether each activity was an outlier, by cross-validation. For each activity, a one-tailed Wilcoxon signed-rank test was used to identify whether that activity's across-participants mean differed from the means of the other 20 activities. The signed-rank test was chosen as a nonparametric equivalent to a t-test, because the 21 question-mean values were not normally distributed. Due to Bonferroni correction for the 21 activities, significance was detected at α = 0.0024. The two survey questions were analyzed independently.