

Supplementary materials 2. Additional characteristics of included studies

| Study | Local anesthesia | Block | Experimental group duration | Control group duration | Inserted point | Acupuncture/acupotomy description | Retaining time |
|-----------------------------------|-------------------------------------|--|-----------------------------|------------------------|--|--|---|
| Azizian et al. [14] (2019) | - | - | NA | NA | Skin over nodule in A1 pulley anatomic location | 0.3 × 30 mm acupuncture, Dong Bang, Korea | 1 minute |
| Bo and Zhang [15] (2020) | 1% lidocaine 20 mg | 1% lidocaine 5 mg + triamcinolone acetonide 1 mL | 1.5±0.4 Y | 1.1±0.3 Y | A1 pulley(proximal midpoint of the trochlear), under ultrasound guidance | 50 mm×1.0 mm acupotomy | Until resistance cease |
| Chen et al. [16] (2022) | - | 2% lidocaine 1 mL +triamcinolone acetonide 5 mg | 24.50±9.61 D | 25.43±8.50 D | Flexor carpi radialis active trigger point | Filiform needle, NA | With local convulsion reaction, loosening adhesion |
| Chen [17] (2022) | NA | - | NA | NA | At hypertrophic tendon sheath | Acupotomy, NA | Until finger is not restricted when dorsiflex |
| Huang et al. [18] (2021) | NA | - | 1.33±0.15 Y | 1.35±0.16 Y | Hypertrophic tendon sheath | Acupotomy, NA | Until flexor tendon is completely released, no restriction in dorsal movement |
| Hu et al. [19] (2022) | - | 0.5 ml compound betamethasone, 1 ml 2% lidocaine, 2 ml normal saline, adenosylcobalamin mixture with a 5 ml syringe | 58.62±22.63 D | 62.72±20.89 D | Thickened layer of sheath, under ultrasound guidance | 0.8 mm×80 mm, Huayou brand acupotomy, Jiangsu Huayou Medical Instruments | Tendon sheath is cut longitudinally 3 to 5 times |
| Jia et al. [20] (2018) | - | 1mL of compound betamethasone + 1m L of lidocaine + 12 injections of 1m L of vitamin B + 1m L of water for injection | 1.54±0.19 M | 1.62±0.23 M | Trigger point or at node | Acupotomy, NA | Until flexion and extension return to normal |
| Jiang and Zhou [21] (2022) | 20 mg of 1% lidocaine hydrochloride | 1mL of triamcinolone acetonide injection Mix it with 5 mg of 1% lidocaine hydrochloride injection | 1.46±0.32 Y | 1.52±0.36 Y | A1 trochlear, under ultrasono guidance | 50.0mm×1.0mm acupotomy | NA |
| Liu and Zhang [22] (2018) | 1% lidocaine 1 ml | 2% lidocaine, 0.9% normal saline, and compound betamethasone injection | 6.3±2.6 M | 6.2±4.7 M | Local tenderness point where induration and | “moderately thick” acupotomy, NA | Peel about 10 times enough to feel no blocking of fiber |

| | | | | | | | | |
|---------------------------------|---|--|---|-------------|-------------|--|--|--|
| | | | (1:2:1) | | | twisting feels | | |
| Meng et al. [23] (2022) | - | | 2% lidocaine hydrochloride injection 1ml+triamcinolone acetonide injection 5 mg, diluted to 5 ml with normal saline | 3.3±2.3 M | 3.6±2.1 M | At tendon sheath of the flexor hallucis longus, at induration | 0.7 mm×0.38 mm, arc-edged acupuncture | Until the affected finger flexes and extends freely, no snapping or resistance feeling |
| Tang (2016) [24] | NA | | 1 mL of 2% lidocaine+5 mg of triamcinolone acetonide+1 mL of water | 10±2.2 M | 11±2.4 M | Induration of affected finger | Acupotomy, NA | Until affected finger flexes and stretches smoothly |
| Tao et al. [13] (2021) | 1% lidocaine 1 mL | | 1 mL of 2% lidocaine+1 mL of triamcinolone acetonide+1 mL of water for injection | 6.5±2.3 M | 6.5±2.3 M | Ashi point(A1 trochlear pressure point, the most painful tender point) | Acupotomy, NA | Repeat until there is no snapping or entrapment |
| Wang et al. [25] (2020) | 2% lidocaine | | 10 ml syringe, 2 ml of 0.25% ropivacaine hydrochloride injection, 1 mL Triamcinolone Acetate Injection | NA | NA | Hypertrophic and narrow tendon sheath lesion of the A1 trochlear under ultrasound guidance | Hanzhang acupotomy (straight shape), produced by Beijing Huaxia Acupotomy Medical Instrument Factory, batch number: 061008 | Until patient move finger freely without snapping |
| Xie et al. [26] (2017) | 2% lidocaine | | 1 ml of compound betamethasone with a 10 ml syringe+1 ml of lidocaine+2 ml of sodium chloride solution for injection, inject 1.5 ml | NA | NA | The most obvious incarceration and tenderness points of the metacarpophalangeal joints | Acupotomy, NA | Until there is no resistance |
| Xie [27] (2019) | - | | 1mL of lidocaine+ 1mL of triamcinolone acetonide+0.9% Sodium Chloride Injection 3mL | 6.47±2.93 M | 5.91±2.60 M | Local hyperplastic tendon sheath | 0.6*50mm, No. 4 Hanzhang acupotomy | Until the patient moves without friction |
| Yang et al. [28] (2019) | 5mL syringe, 2% Lidocaine hydrochloride 2mL+normal saline 2mL | | 20 mg of triamcinolone acetonide injection+2% lidocaine hydrochloride 2 mL with a 5 mL syringe | 10±2.29 M | 11±2.11 M | Nodules of the tendon sheath | 1.2 mm diameter Hanzhang acupotomy | Until resistance disappears, flex and stretch freely |
| Zhang et al. [29] (2018) | 2% lidocaine | | 2mL of 2% lidocaine+20mg of triamcinolone acetonide +1mL of 0.9% sodium chloride | 5.1±0.4 M | 5.8±0.3 M | Tenderness points or nodules | Acupotomy, NA | Until flex and extend freely, snapping sound disappears |

| | | | | | | | |
|---------------------------------|--|---|-------------|--------------------------------|--|---|--|
| Zhang et al. [30] (2019) | 2.5 mL of 2% lidocaine injection + 0.9% sodium chloride injection 2.5 mL of lidocaine injection, use ropivacaine instead for lidocaine contraindications | 2% lidocaine injection 2.5 mL + compound betamethasone injection 0.25 mL + methylcobalamin Injection 125 µg + 0.9% sodium chloride injection 2 mL, for lidocaine contraindications, use ropivacaine instead | 4.4±1.5 M | 4.1±1.7 M | Ashi point, A1 pulley annular fibrous ligament and tendon sheath complex under ultrasound guidance | 1.0 mm×120 mm acupotomy | Until affected finger continues to flex and extend 20 times without being blocked or snapped |
| Zhu et al. [31] (2018) | NA | 2% Lidocaine 2mL+triamcinolone 1mL | 4.92±4.06 M | 1 5.35±4.46 M 2 5.83±3.94 M | Painful nodules of the metacarpal head of the affected finger | Diameter 1 mm, flat shovel type acupotomy | Until successful release: move freely, no snapping and sliding feeling |

NA=Not available, Y=Year, M=Month, D=Day