Supplementary material 1

Selected influences on surgeons' tremor

Factors that may reduce tremor during surgery include the following:

Mechanical factors:

- adjustment of instrument and finger configurations [19];
- use of passive orthotic supports [20, 26–29] [*cf.* 30]; and
- use of active mechanical compensation [12, 31–33].

Lifestyle factors:

- avoidance of caffeine intake prior to surgery [29] [*cf.* 34] [*contra* 1];
- avoidance of exercise prior to surgery [1, 10, 20];
- avoidance of fatigue [19] [see also 35]; and
- use of beta-blockers [20, 29, 34] [*contra* 30].

Selected influences on physiological tremor

Factors that enhance physiological tremor include fatigue, anxiety, cognitive load, hyperthyroidism, warmth, and various agents (*e.g.* β-agonists, caffeine) [4, 15, 20, 21, 36–39]. Diurnal variation has also been reported [40, 41].

References for Supplementary material 1

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