

TABLE E-1 Clinical Characteristics of the Group

	Epidural Steroid Injection	Discectomy	Crossover
Number of patients	50	50	27
Age (years, mean \pm SD)	41 \pm 13	40 \pm 10	39 \pm 13
Duration of symptoms before invasive treatment (months, mean \pm SD)	3.3 \pm 2.6	3.8 \pm 2.9	4.5 \pm 2.9
Smokers (%)	30	36	33
Workers' Compensation/litigation (%)	20	26	19
Prior discectomy at different level (%)	6	6	0
Occupation (%)			
Heavy labor	34	44	41
Light labor	30	22	26
Sedentary	22	32	26
Unemployed	14	2	7

SD, standard deviation.

TABLE E-2 Radiographic Characteristics of the Group

	Epidural Steroid Injection	Discectomy	Crossover
Type of scan (%)			
MRI	88	84	89
CT	16	16	15
Level of HNP (%)			
L5–S1	58	56	63
L4–5	38	38	37
L3–4	2	2	0
L2–3	2	4	0
HNP size (% of canal area, mean \pm SD)	42 \pm 8	43 \pm 11	41 \pm 9
Root impingement* (%)	92	90	85
Root effacement** (%)	4	6	7
Extruded HNP*** (%)	34	24	19
Sequestered HNP*** (%)	6	10	7
Patients with additional levels of degeneration (%)	74	80	68
Patients with end-plate inflammatory changes on MRI (%)	40	36	22
HNP with high signal on T2 MRI*** (%)	16	28	7

MRI, magnetic resonance imaging; CT, computed tomography; HNP, herniated nucleus pulposus; SD, standard deviation. * = nerve root is displaced, deformed, or unable to be identified because of large size of HNP. ** = HNP contacts but does not displace nerve root. *** = examples of types of HNP in reference #9.