

TABLE E-1 Standard Discectomy

Case	Age	Level	Type of Herniation*	Occupation**	Time to return to work or school***	VAS results			
						Low-back pain		Leg pain	
						Before op.	Follow-up	Before op.	Follow-up
1	31	L5-S1	T	H	<1m	73	0	67	0
2	34	L5-S1	Seq	L	<2m	4	6	94	6
3	32	L5-S1	T	L	<2m	4	3	78	2
4	18	L4-L5	S	S	<2m	79	19	78	0
5	34	L4-L5	S	H	<2m	70	33	71	2
6	21	L5-S1	S	L	<4m	86	8	88	4
7	37	L5-S1	T	L	<2m	59	17	82	0
8	53	L5-S1	S	L	<3m	40	2	98	1
9	22	L5-S1	T	H	<2m	100	6	100	4
10	36	L5-S1	Seq	H	<2m	50	8	70	0
11	18	L5-S1	S	S	<1m	3	20	97	3
12	24	L4-L5	S	H	<2m	5	0	95	6
13	38	L4-L5	S	O	<2m	74	9	86	3
14	44	L5-S1	S	L	<5m	91	16	94	32
15	53	L4-L5	S	O	<1m	83	15	70	25
16	50	L5-S1	S	L	<2m	15	5	100	15
17	38	L4-L5	S	L	<2m	1	1	92	1
18	30	L4-L5	S	O	<2m	65	19	98	14
19	23	L4-L5	S	L	<4m	88	6	89	16
20	34	L5-S1	S	L	<1m	48	0	78	8

*S = subligamentous extrusion, T = transligamentous extrusion, and Seq = sequestration. **H = heavy-duty work, L = light-duty work, O = office work, and S = student. ***<1m = within 1 month, <2m = within 2 months, <3m = within 3 months, <4m = within 4 months, and <5m = within 5 months.

TABLE E-2 Microendoscopic Discectomy

Case	Age	Level	Type of Herniation*	Occupation**	Time to return to work or school***	VAS results			
						Low-back pain		Leg pain	
						Before op.	Follow-up	Before op.	Follow-up
21	27	L5-S1	S	H	<2m	49	0	99	17
22	71	L4-L5	Seq	R	—	9	4	100	27
23	28	L4-L5	S	H	<2m	17	5	99	2
24	20	L5-S1	S	S	<1m	81	0	82	15
25	15	L4-L5	T	S	<1m	35	2	68	10
26	18	L5-S1	S	S	<2m	21	13	93	24
27	38	L5-S1	S	H	<2m	33	14	95	22
28	29	L5-S1	S	H	<3m	93	34	94	3
29	43	L4-L5	T	H	<3m	94	31	94	10
30	62	L5-S1	T	R	—	49	2	98	5
31	42	L5-S1	S	H	<2m	10	3	75	7
32	27	L5-S1	T	H	<2m	44	17	81	0
33	20	L4-L5	S	S	<1m	26	2	86	8
34	51	L4-L5	S	H	<2m	64	5	100	0
35	45	L5-S1	S	O	<2m	62	13	77	9
36	44	L5-S1	S	L	<1m	80	2	84	1
37	35	L4-L5	S	H	<2m	97	23	98	9
38	36	L4-L5	S	L	<2m	11	4	77	7
39	29	L5-S1	S	H	<4m	72	30	86	13
40	29	L5-S1	T	H	<4m	74	18	79	6

*S = subligamentous extrusion, T = transligamentous extrusion, and Seq = sequestration. **H = heavy-duty work, L = light-duty work, O = office work, S = student, and R = retired. ***<1m = within 1 month, <2m = within 2 months, <3m = within 3 months, and <4m = within 4 months.