##### **Supplemental Digital Content 1**

TableS1: Search Strategy

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| --- | --- | --- | --- | --- |
| Database | Search Strategy† | Filters | Hits | Retrieval Date |
| CENTRAL | "Back Pain" OR "Spinal Stenosis" OR "Intervertebral Disc Displacement" OR "Sciatic Neuropathy" OR "Nerve Compression Syndromes" OR back pain OR backache\* OR bulging disk OR bulging disc OR bulging discus OR fbss OR stenoses OR stenosis OR hernia\* OR chronic lumbar radicul\* pain OR failed back surger\* syndrom\* OR failed lumbar spine syndrom\* OR failed spine surger\* syndrom\* OR hnp OR inflamed nerve root\* OR inflamed nerves root\* OR recess stenoses OR recess stenosis OR ischia\* OR lrs OR lsrs OR lss OR disk prolap\* OR disc prolap\* OR discus prolap\* OR radicula\* pain OR lumbar stenoses OR lumbar stenosis OR lumbosacral radicul\* pain OR lumbosacral radicul\* syndrom\* OR radiculopath\* OR narrow spinal canal\* OR nerve compress\* syndrom\* OR nerves compress\* syndrom\* OR nerve entrapm\* syndrom\* OR nerves entrapm\* syndrom\* OR nerve root inflamm\* OR nerves root inflamm\* OR nerve root compres\* OR nerve root compres\* OR nerves root compress\* OR nerve root entrap\* OR nerves root entrap\* OR nerve root injur\* OR nerves root injur\* OR nerve root irritat\* OR nerves root irritat\* OR nerve root pain OR nerves root pain OR neuritis OR pinch\* nerv\* OR post laminectom\* syndrom\* OR prolaps\* intervertebral disk OR prolaps\* intervertebral disc OR proplaps\* intervertebral discus OR radiculi\* OR radicu\* pain OR sciati\* OR sciati\* nerve injur\* OR sciati\* nerves injur\* OR sciati\* nerve neural\* OR sciati\* nerves neural\* OR sciat\* radicul\* OR sciat\* neuri\* OR sciati\* neural\* OR slipped dis\* OR spinal stenoses OR spinal stenosis and "Adult" OR "Men" OR "Women" OR "Marriage" OR 18 and over OR 18 plus OR adult\* OR adolescen\* OR age OR aging OR elder\* OR full-blown OR full-grown OR fully develop\* OR fully gro\* OR gentlema\* OR grown perso\* OR grown u\* OR lady OR ladies OR legal age OR majOR OR mam OR man OR men OR woman OR women OR marriage\* OR matur\* OR miss OR nubile OR old\* OR prime age OR ripe\* OR schooled OR seniOR\* OR male OR males OR female OR females and "Anesthesia, Conduction" OR "Analgesia, Epidural" OR "Injections, Spinal" OR "Injections, Intra-Articular" OR "Anesthetists" OR "Anesthesiology" OR "Pulsed Radiofrequency Treatment" OR "Spinal Cord Stimulation" OR anesthet\* OR anaesthet\* OR anesthes\* OR anaesthes\* OR analgesi\* OR epidural OR cortiso\* OR corticoster\* OR injection\* OR enzyme\* OR steroid\* OR interlamina\* OR transforamina\* OR lidocaine\* OR bupivacai\* OR glucocort\* OR radiofreque\* OR prf OR dorsal root ganglion OR drg OR scs OR spinal cord stimul\* OR anti inflamm\* OR tdd OR disc decompr\* OR disk decompr\* OR discus decompr\* OR pdd OR thermole\* OR trigger point\* OR discus decompress\* OR neurostimula\* OR adhesiolys\* OR ozone discol\* OR ozone nucleol\* OR o3 OR laser therap\* OR pldd OR laser disk decompres\* OR laser disc decompres\* OR laser discus decompres\* OR rf and "Randomized controlled trial" and work or Oswestry or Roland or vas or quebec or euroqol or sf\* or "daly" or "qaly" | Trials | 1,139 | September 24, 2018 |
| CINAHL‡ | ( (("Back Pain"[Mesh] OR "Spinal Stenosis"[Mesh] OR "Intervertebral Disc Displacement"[Mesh] OR "Sciatic Neuropathy"[Mesh] OR "Nerve Compression Syndromes"[Mesh])) OR (back pain[tiab] OR backache\*[tiab] OR bulging disk[tiab] OR bulging disc[tiab] OR bulging discus[tiab] OR fbss[tiab] OR stenoses[tiab] OR stenosis[tiab] OR hernia\*[tiab] OR chronic lumbar radicul\* pain[tiab] OR failed back surger\* syndrom\*[tiab] OR failed lumbar spine syndrom\*[tiab] OR failed spine surger\* syndrom\*[tiab] OR hnp[tiab] OR inflamed nerve root\*[tiab] OR inflamed nerves root\*[tiab] OR recess stenoses[tiab] OR recess stenosis[tiab] OR ischia\*[tiab] OR lrs[tiab] OR lsrs[tiab] OR lss[tiab] OR disk prolap\*[tiab] OR disc prolap\*[tiab] OR discus prolap\*[tiab] OR radicula\* pain[tiab] OR lumbar stenoses[tiab] OR lumbar stenosis[tiab] OR lumbosacral radicul\* pain[tiab] OR lumbosacral radicul\* syndrom\*[tiab] OR radiculopath\*[tiab] OR narrow spinal canal\*[tiab] OR nerve compress\* syndrom\*[tiab] OR nerves compress\* syndrom\*[tiab] OR nerve entrapm\* syndrom\*[tiab] OR nerves entrapm\* syndrom\*[tiab] OR nerve root inflamm\*[tiab] OR nerves root inflamm\*[tiab] OR nerve root compres\*[tiab] OR nerve root compres\*[tiab] OR nerves root compress\*[tiab] OR nerve root entrap\*[tiab] OR nerves root entrap\*[tiab] OR nerve root injur\*[tiab] OR nerves root injur\*[tiab] OR nerve root irritat\*[tiab] OR nerves root irritat\*[tiab] OR nerve root pain[tiab] OR nerves root pain[tiab] OR neuritis[tiab] OR pinch\* nerv\*[tiab] OR post laminectom\* syndrom\*[tiab] OR prolaps\* intervertebral disk[tiab] OR prolaps\* intervertebral disc[tiab] OR proplaps\* intervertebral discus[tiab] OR radiculi\*[tiab] OR radicu\* pain[tiab] OR sciati\*[tiab] OR sciati\* nerve injur\*[tiab] OR sciati\* nerves injur\*[tiab] OR sciati\* nerve neural\*[tiab] OR sciati\* nerves neural\*[tiab] OR sciat\* radicul\*[tiab] OR sciat\* neuri\*[tiab] OR sciati\* neural\*[tiab] OR slipped disk[tiab] OR slipped disc[tiab] OR slipped discus[tiab] OR spinal stenoses[tiab] OR spinal stenosis[tiab]) ) AND ( (("Adult"[Mesh] OR "Men"[Mesh] OR "Women"[Mesh] OR "Marriage"[Mesh])) OR (18 and over[tiab] OR 18 plus[tiab] OR adult\*[tiab] OR adolescen\*[tiab] OR age[tiab] OR aging[tiab] OR elder\*[tiab] OR full-blown[tiab] OR full-grown[tiab] OR fully develop\*[tiab] OR fully gro\*[tiab] OR gentlema\*[tiab] OR grown perso\*[tiab] OR grown u\*[tiab] OR lady[tiab] OR ladies[tiab] OR legal age[tiab] OR major[tiab] OR mam[tiab] OR man[tiab] OR men[tiab] OR woman[tiab] OR women[tiab] OR marriage\*[tiab] OR matur\*[tiab] OR miss[tiab] OR nubile[tiab] OR old\*[tiab] OR prime age[tiab] OR ripe\*[tiab] OR schooled[tiab] OR senior\*[tiab] OR male[tiab] OR males[tiab] OR female[tiab] OR females[tiab]) ) AND ( (("Anesthesia, Conduction"[Mesh] OR "Analgesia, Epidural"[Mesh] OR "Injections, Spinal"[Mesh] OR "Injections, Intra-Articular"[Mesh:NoExp] OR "Anesthetists"[Mesh] OR "Anesthesiology"[Mesh] OR "Pulsed Radiofrequency Treatment"[Mesh] OR "Spinal Cord Stimulation"[Mesh])) OR (anesthet\*[tiab] OR anaesthet\*[tiab] OR anesthes\*[tiab] OR anaesthes\*[tiab] OR analgesi\*[tiab] OR epidural[tiab] OR cortiso\*[tiab] OR corticoster\*[tiab] OR injection\*[tiab] OR enzyme\*[tiab] OR steroid\*[tiab] OR interlamina\*[tiab] OR transforamina\*[tiab] OR lidocaine\*[tiab] OR bupivacai\*[tiab] OR glucocort\*[tiab] OR radiofreque\*[tiab] OR prf[tiab] OR dorsal root ganglion[tiab] OR drg[tiab] OR scs[tiab] OR spinal cord stimul\*[tiab] OR anti inflamm\*[tiab] OR tdd[tiab] OR disc decompr\*[tiab] OR disk decompr\*[tiab] OR discus decompr\*[tiab] OR pdd[tiab] OR thermole\*[tiab] OR trigger point\*[tiab] OR discus decompress\*[tiab] OR neurostimula\*[tiab] OR adhesiolys\*[tiab] OR ozone discol\*[tiab] OR ozone nucleol\*[tiab] OR o3[tiab] OR laser therap\*[tiab] OR pldd[tiab] OR laser disk decompres\*[tiab] OR laser disc decompres\*[tiab] OR laser discus decompres\*[tiab] OR rf[tiab]) ) AND ( Randomized Controlled Trial[Publication Type] OR random\*[tiab] OR double blind[tiab] OR rct[tiab] OR conceal\*[tiab] ) | Linked Full Text  Abstract Available  Exclude MEDLINE records  Human  Age Groups: All Adult  Language: Dutch/Flemish, English, French, German | 384 | September 24, 2018 |
| EMBASE\* | ('backache'/de OR 'back ache' OR 'back pain' OR 'back pain syndrome' OR 'backache' OR 'backpain' OR 'dorsalgia' OR 'pain, back' OR 'low back pain'/exp OR 'acute low back pain' OR 'back pain, low' OR 'chronic low back pain' OR 'loin pain' OR 'low back pain' OR 'low backache' OR 'low backpain' OR 'lowback pain' OR 'lower back pain' OR 'lumbal pain' OR 'lumbal syndrome' OR 'lumbalgesia' OR 'lumbalgia' OR 'lumbar pain' OR 'lumbar spine syndrome' OR 'lumbar syndrome' OR 'lumbodynia' OR 'lumbosacral pain' OR 'lumbosacral root syndrome' OR 'pain, low back' OR 'pain, lumbosacral' OR 'failed back surgery syndrome'/exp OR 'fbss' OR 'failed back surgery' OR 'failed back surgery syndrome' OR 'failed back syndrome' OR 'post-laminectomy syndrome' OR 'postlaminectomy syndrome' OR 'vertebral canal stenosis'/de OR 'spinal canal stenosis' OR 'spinal stenosis' OR 'stenosis canalis spinalis' OR 'stenosis canalis vertebralis' OR 'vertebral canal stenosis' OR 'lumbar spinal stenosis'/exp OR 'lumbar spinal stenosis' OR 'intervertebral disk hernia'/de OR 'disc hernia' OR 'disc herniation' OR 'discal hernia' OR 'discus hernia' OR 'disk hernia' OR 'disk hernia disease' OR 'disk herniation' OR 'disk prolapse' OR 'disk protrusion' OR 'disk, herniated' OR 'hernia disci' OR 'hernia nuclei pulposi' OR 'herniated disc' OR 'herniated disk' OR 'herniated intervertebral disk' OR 'herniated nucleus pulposus' OR 'intervertebral disc displacement' OR 'intervertebral disc hernia' OR 'intervertebral disc prolapse' OR 'intervertebral disk displacement' OR 'intervertebral disk hernia' OR 'intervertebral disk herniation' OR 'intervertebral disk perforation' OR 'intervertebral disk prolapse' OR 'intervertebral disk protrusion' OR 'intervertebral disk rupture' OR 'invertebral disk hernia' OR 'nucleus pulposus hernia' OR 'rupture, intervertebral disk' OR 'slipped disk' OR 'spinal disc prolapse' OR 'spinal disk disease' OR 'spinal disk hernia' OR 'thoracic disk hernia' OR 'thoracic spine disk hernia' OR 'vertebral disk hernia' OR 'lumbar disk hernia'/exp OR 'discal lumbosciatica' OR 'disk hernia, lumbar' OR 'hernia disci lumbalis' OR 'hernia, lumbar disk' OR 'lumbar disc hernia' OR 'lumbar disc herniation' OR 'lumbar disc rupture' OR 'lumbar disc syndrome' OR 'lumbar disk hernia' OR 'lumbar disk herniation' OR 'lumbar disk prolapse' OR 'lumbar disk protrusion' OR 'lumbar disk syndrome' OR 'lumbar intervertebral disk hernia' OR 'lumbar vertebral disk hernia' OR 'median lumbar disk prolapse' OR 'sciatica'/exp OR 'ischias' OR 'ischiatic pain' OR 'pain, sciatic' OR 'sciatic pain' OR 'sciatica' OR 'sciatic neuropathy'/exp OR 'neuropathy, sciatic' OR 'sciatic neuropathy' OR 'nerve compression'/exp OR 'compression, nerve' OR 'entrapment neuropathy' OR 'nerve compression' OR 'nerve compression syndrome' OR 'nerve compression syndromes' OR 'nerve constriction' OR 'nerve entrapment' OR 'nerve pinch injury' OR 'nervous entrapment' OR 'neurothlipsis' OR 'lumbosacral radiculopathy'/exp) AND ('epidural anesthesia'/exp OR 'anaesthesia, epidural' OR 'anaesthesia, peridural' OR 'anesthesia, epidural' OR 'anesthesia, peridural' OR 'dural blocking' OR 'epidural anaesthesia' OR 'epidural anaesthetic agent' OR 'epidural anesthesia' OR 'epidural anesthetic agent' OR 'epidural block' OR 'epidural blockade' OR 'extradural anaesthesia' OR 'extradural anesthesia' OR 'extradural block' OR 'lumbar epidural anaesthesia' OR 'lumbar epidural anesthesia' OR 'lumbar peridural anaesthesia' OR 'lumbar peridural anesthesia' OR 'lumbar peridural block' OR 'peridural anaesthesia' OR 'peridural anesthesia' OR 'peridural block' OR 'peridural blocking' OR 'spinal anesthesia'/exp OR 'anaesthesia, spinal' OR 'anaesthesia, subarachnoid' OR 'analgesia spinal' OR 'anesthesia, spinal' OR 'anesthesia, subarachnoid' OR 'complete spinal block' OR 'lumbar anaesthesia' OR 'lumbar anesthesia' OR 'lumbar extradural blockade' OR 'partial spinal block' OR 'rachianaesthesia' OR 'rachianesthesia' OR 'spinal anaesthesia' OR 'spinal anaesthetic' OR 'spinal analgesia' OR 'spinal anesthesia' OR 'spinal block' OR 'spinal cord anaesthesia' OR 'spinal cord anesthesia' OR 'subarachnoid anaesthesia' OR 'subarachnoid anesthesia' OR 'subarachnoid block' OR 'subarachnoidal anaesthesia' OR 'subarachnoidal anesthesia' OR 'epidural drug administration'/exp OR 'drug administration, epidural' OR 'epidural administration' OR 'epidural application' OR 'epidural dose' OR 'epidural drug administration' OR 'epidural infiltration' OR 'epidural infusion' OR 'epidural injection' OR 'epidural medication' OR 'epidural treatment' OR 'extradural administration' OR 'extradural infusion' OR 'extradural injection' OR 'injection, epidural' OR 'injections, epidural' OR 'peridural administration' OR 'peridural injection' OR 'intraspinal drug administration'/de OR 'drug administration, intraspinal' OR 'infusions, spinal' OR 'injections, spinal' OR 'intra-spinal administration' OR 'intra-spinal drug administration' OR 'intraspinal administration' OR 'intraspinal drug administration' OR 'intraspinal infusion' OR 'intraspinal injection' OR 'spinal administration' OR 'spinal infusion' OR 'spinal infusions' OR 'spinal injection' OR 'pulsed radiofrequency treatment'/exp OR 'pulsed radiofrequency treatment' OR 'spinal cord stimulation'/exp OR 'spinal cord stimulation' OR 'spinal stimulation' OR 'adhesiolysis'/exp OR 'ozone therapy'/exp OR 'ozone therapy') AND ('randomized controlled trial'/exp OR 'controlled trial, randomized' OR 'randomised controlled study' OR 'randomised controlled trial' OR 'randomized controlled study' OR 'randomized controlled trial' OR 'trial, randomized controlled') | Adolescent  Young adult  Adult  Middle aged  Aged  Very elderly | 506 | September 24, 2018 |
| MEDLINE | ((((("Back Pain"[Mesh] OR "Spinal Stenosis"[Mesh] OR "Intervertebral Disc Displacement"[Mesh] OR "Sciatic Neuropathy"[Mesh] OR "Nerve Compression Syndromes"[Mesh])) OR (back pain[tiab] OR backache\*[tiab] OR bulging disk[tiab] OR bulging disc[tiab] OR bulging discus[tiab] OR fbss[tiab] OR stenoses[tiab] OR stenosis[tiab] OR hernia\*[tiab] OR chronic lumbar radicul\* pain[tiab] OR failed back surger\* syndrom\*[tiab] OR failed lumbar spine syndrom\*[tiab] OR failed spine surger\* syndrom\*[tiab] OR hnp[tiab] OR inflamed nerve root\*[tiab] OR inflamed nerves root\*[tiab] OR recess stenoses[tiab] OR recess stenosis[tiab] OR ischia\*[tiab] OR lrs[tiab] OR lsrs[tiab] OR lss[tiab] OR disk prolap\*[tiab] OR disc prolap\*[tiab] OR discus prolap\*[tiab] OR radicula\* pain[tiab] OR lumbar stenoses[tiab] OR lumbar stenosis[tiab] OR lumbosacral radicul\* pain[tiab] OR lumbosacral radicul\* syndrom\*[tiab] OR radiculopath\*[tiab] OR narrow spinal canal\*[tiab] OR nerve compress\* syndrom\*[tiab] OR nerves compress\* syndrom\*[tiab] OR nerve entrapm\* syndrom\*[tiab] OR nerves entrapm\* syndrom\*[tiab] OR nerve root inflamm\*[tiab] OR nerves root inflamm\*[tiab] OR nerve root compres\*[tiab] OR nerve root compres\*[tiab] OR nerves root compress\*[tiab] OR nerve root entrap\*[tiab] OR nerves root entrap\*[tiab] OR nerve root injur\*[tiab] OR nerves root injur\*[tiab] OR nerve root irritat\*[tiab] OR nerves root irritat\*[tiab] OR nerve root pain[tiab] OR nerves root pain[tiab] OR neuritis[tiab] OR pinch\* nerv\*[tiab] OR post laminectom\* syndrom\*[tiab] OR prolaps\* intervertebral disk[tiab] OR prolaps\* intervertebral disc[tiab] OR proplaps\* intervertebral discus[tiab] OR radiculi\*[tiab] OR radicu\* pain[tiab] OR sciati\*[tiab] OR sciati\* nerve injur\*[tiab] OR sciati\* nerves injur\*[tiab] OR sciati\* nerve neural\*[tiab] OR sciati\* nerves neural\*[tiab] OR sciat\* radicul\*[tiab] OR sciat\* neuri\*[tiab] OR sciati\* neural\*[tiab] OR slipped disk[tiab] OR slipped disc[tiab] OR slipped discus[tiab] OR spinal stenoses[tiab] OR spinal stenosis[tiab]))) AND ((("Adult"[Mesh] OR "Men"[Mesh] OR "Women"[Mesh] OR "Marriage"[Mesh])) OR (18 and over[tiab] OR 18 plus[tiab] OR adult\*[tiab] OR adolescen\*[tiab] OR age[tiab] OR aging[tiab] OR elder\*[tiab] OR full-blown[tiab] OR full-grown[tiab] OR fully develop\*[tiab] OR fully gro\*[tiab] OR gentlema\*[tiab] OR grown perso\*[tiab] OR grown u\*[tiab] OR lady[tiab] OR ladies[tiab] OR legal age[tiab] OR major[tiab] OR mam[tiab] OR man[tiab] OR men[tiab] OR woman[tiab] OR women[tiab] OR marriage\*[tiab] OR matur\*[tiab] OR miss[tiab] OR nubile[tiab] OR old\*[tiab] OR prime age[tiab] OR ripe\*[tiab] OR schooled[tiab] OR senior\*[tiab] OR male[tiab] OR males[tiab] OR female[tiab] OR females[tiab]))) AND ((("Anesthesia, Conduction"[Mesh] OR "Analgesia, Epidural"[Mesh] OR "Injections, Spinal"[Mesh] OR "Injections, Intra-Articular"[Mesh:NoExp] OR "Anesthetists"[Mesh] OR "Anesthesiology"[Mesh] OR "Pulsed Radiofrequency Treatment"[Mesh] OR "Spinal Cord Stimulation"[Mesh])) OR (anesthet\*[tiab] OR anaesthet\*[tiab] OR anesthes\*[tiab] OR anaesthes\*[tiab] OR analgesi\*[tiab] OR epidural[tiab] OR cortiso\*[tiab] OR corticoster\*[tiab] OR injection\*[tiab] OR enzyme\*[tiab] OR steroid\*[tiab] OR interlamina\*[tiab] OR transforamina\*[tiab] OR lidocaine\*[tiab] OR bupivacai\*[tiab] OR glucocort\*[tiab] OR radiofreque\*[tiab] OR prf[tiab] OR dorsal root ganglion[tiab] OR drg[tiab] OR scs[tiab] OR spinal cord stimul\*[tiab] OR anti inflamm\*[tiab] OR tdd[tiab] OR disc decompr\*[tiab] OR disk decompr\*[tiab] OR discus decompr\*[tiab] OR pdd[tiab] OR thermole\*[tiab] OR trigger point\*[tiab] OR discus decompress\*[tiab] OR neurostimula\*[tiab] OR adhesiolys\*[tiab] OR ozone discol\*[tiab] OR ozone nucleol\*[tiab] OR o3[tiab] OR laser therap\*[tiab] OR pldd[tiab] OR laser disk decompres\*[tiab] OR laser disc decompres\*[tiab] OR laser discus decompres\*[tiab] OR rf[tiab])) | RCT  Update:  RCT  01-01-2018 – 31-12-2019 | 957  Update:  82 | September 24, 2018  Update:  December 4, 2019 |
| †A comprehensive search was conducted to identify as many studies as possible; ‡’Find any of my search terms’ search mode was used; \*PICO search option was used. | | | | |