**Supplementary Table 6.** Summary of time to return-to-work findings for included studies

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| --- | --- | --- |
| Author | Comparison | Finding |
| Majewski et al. [39] | MIS - PI | MIS superior (MD 2.0 weeks) |
| Metz et al. [60] | MIS - Rehab | MIS superior (MD 7.0 weeks) |
| Aisaiding et al. [1] | MIS - Open | MIS superior (MD 3.0 weeks)a |
| Majewski et al. [39] | MIS - Open | MIS superior (MD 1.5 weeks) |
| Karabinas et al. [29] | MIS - Open | No difference |
| Kolodziej et al. [33] | MIS - Open | No difference |
| Lim et al. [37] | MIS - Open | No difference |
| Rozis et al. [53] | MIS - Open | No difference |
| Moller et al. [45] | Open - PI | Open repair superior (MD 4.5 weeks)b |
| Nistor et al. [48] | Open - PI | PI superior (MD 4.0 weeks) |
| Majewski et al. [39] | Open - PI | No difference |
| Cetti et al. [8] | Open - PI | No difference |
| Keating et al. [30] | Open - PI | No difference |
| Costa et al. [11] | Open - Rehab | No difference |

aReturn to heavy activity only; return to all work was not reported.

bReturn to light work only; no difference was found for return to all work;

MIS = minimally invasive surgery; PI = primary immobilization;. Rehab = functional rehabilitation; Open = open surgical repair; MD = mean difference.