**Table 1**: modified Oswestry Disability Index (mODI) [in%]

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Patients | Pre op | 4 months  | 8 months | 12 months | 24 months |
| 1 | 64 | 10 | 10 | 10 | 10 |
| 2 | 80 | 20 | 18 | 18 | 18 |
| 3 | 72 | 18 | 18 | 16 | 16 |
| 4 | 70 | 12 | 10 | 10 | 10 |
| 5 | 60 | 16 | 10 | 10 | 18 |
| 6 | 84 | 22 | 18 | 16 | 16 |
| 7 | 76 | 14 | 12 | 12 | 12 |

**Table 2**: Visual Analogue Scale for Back pain

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Patients | Pre op | 4 months  | 8 months | 12 months | 24 months |
| 1 | 6 | 3 | 3 | 3 | 3 |
| 2 | 7 | 2 | 2 | 2 | 2 |
| 3 | 8 | 3 | 3 | 3 | 3 |
| 4 | 5 | 4 | 1 | 2 | 2 |
| 5 | 6 | 1 | 1 | 1 | 1 |
| 6 | 8 | 2 | 1 | 1 | 1 |
| 7 | 6 | 3 | 2 | 2 | 2 |

**Table 3:** Visual Analogue Scale for leg pain

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Patients | Pre op | 4 months  | 8 months | 12 months | 24 months |
| 1 | 7 | 2 | 2 | 2 | 2 |
| 2 | 8 | 1 | 1 | 1 | 1 |
| 3 | 7 | 3 | 3 | 3 | 3 |
| 4 | 6 | 1 | 1 | 1 | 1 |
| 5 | 8 | 2 | 2 | 2 | 2 |
| 6 | 6 | 1 | 1 | 1 | 1 |
| 7 | 7 | 2 | 2 | 2 | 2 |

**Table 4:** Whitecloud’s Criteria[27]

|  |  |
| --- | --- |
| **RESULT** | **DESCRIPTION** |
| Excellent | No symptoms except occasional back painNo need of medicationsReturn to full functional activity and previous job activity |
| Good | Marked improvement in symptomsNeed of occasional pain medicationsMinimal functional limitationsReturn to work but not the same job activity |
| Fair | Some improvement of symptomsRequirement of pain medicationsFunctional restrictions |
| Poor | No improvement in symptoms or worsening of symptoms |