

Table S9. Priority disabilities for improvement. (For patients diagnosed on MRI)

	Total	Sex			Age (years)					
		Male	Female	<i>P</i> -value	19-29	30-39	40-49	50-59	60≤	<i>P</i> -value
<b>Total (N=317)</b>		172	145		57	59	68	70	63	
Personal care	48 (15.1%)	23 (13.4%)	25 (17.2%)	0.424	7 (12.3%)	7 (11.9%)	10 (14.7%)	15 (21.4%)	9 (14.3%)	0.549
Lifting	68 (21.5%)	38 (22.1%)	30 (20.7%)	0.868	8 (14.0%)	<b>20 (33.9%)</b>	18 (26.5%)	13 (18.6%)	9 (14.3%)	<b>0.032</b>
Walking	55 (17.4%)	<b>22 (12.8%)</b>	<b>33 (22.8%)</b>	<b>0.029</b>	3 (5.3%)	6 (10.2%)	13 (19.1%)	12 (17.1%)	<b>21 (33.3%)</b>	<b>0.001</b>
Sitting	120 (37.9%)	<b>55 (32.0%)</b>	<b>65 (44.8%)</b>	<b>0.025</b>	<b>28 (49.1%)</b>	<b>26 (44.1%)</b>	<b>26 (38.2%)</b>	<b>21 (30.0%)</b>	<b>19 (30.2%)</b>	0.113
Standing	44 (13.9%)	22 (12.8%)	22 (15.2%)	0.654	11 (19.3%)	5 (8.5%)	8 (11.8%)	11 (15.7%)	9 (14.3%)	0.509
Sleeping	69 (21.8%)	32 (18.6%)	37 (25.5%)	0.177	19 (33.3%)	14 (23.7%)	10 (14.7%)	13 (18.6%)	13 (20.6%)	0.132
Traveling	53 (16.7%)	<b>37 (21.5%)</b>	<b>16 (11.0%)</b>	<b>0.019</b>	4 (7.0%)	9 (15.3%)	<b>18 (26.5%)</b>	12 (17.1%)	10 (15.9%)	0.071
Social life	21 (6.6%)	13 (7.6%)	8 (5.5%)	0.616	3 (5.3%)	4 (6.8%)	5 (7.4%)	5 (7.1%)	4 (6.3%)	0.994
Anxiety/Depression	21 (6.6%)	13 (7.6%)	8 (5.5%)	0.616	2 (3.5%)	5 (8.5%)	4 (5.9%)	6 (8.6%)	4 (6.3%)	0.8
Productivity loss	46 (14.5%)	<b>37 (21.5%)</b>	<b>9 (6.2%)</b>	<b>&lt;0.001</b>	6 (10.5%)	10 (16.9%)	7 (10.3%)	14 (20.0%)	9 (14.3%)	0.45
Gastrointestinal	15 (4.7%)	6 (3.5%)	9 (6.2%)	0.384	2 (3.5%)	1 (1.7%)	1 (1.5%)	5 (7.1%)	6 (9.5%)	0.15
Others	5 (1.6%)	3 (1.7%)	2 (1.4%)	1	4 (7.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.6%)	0.003

All values are represented with frequency and percentage.