

Table S3. Types of disability due to lumbar disc herniation according to sex and age. (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
Personal care	116 (36.6%)	58 (33.7%)	58 (40.0%)	0.299	16 (28.1%)	20 (33.9%)	25 (36.8%)	32 (45.7%)	23 (36.5%)	0.345
Lifting	212 (66.9%)	113 (65.7%)	99 (68.3%)	0.714	30 (52.6%)	41 (69.5%)	46 (67.6%)	50 (71.4%)	45 (71.4%)	0.155
Walking	140 (44.2%)	67 (39.0%)	73 (50.3%)	0.055	19 (33.3%)	18 (30.5%)	27 (39.7%)	34 (48.6%)	42 (66.7%)	<0.001
Sitting	210 (66.2%)	102 (59.3%)	108 (74.5%)	0.006	42 (73.7%)	39 (66.1%)	42 (61.8%)	47 (67.1%)	40 (63.5%)	0.688
Standing	150 (47.3%)	71 (41.3%)	79 (54.5%)	0.026	21 (36.8%)	28 (47.5%)	34 (50.0%)	34 (48.6%)	33 (52.4%)	0.494
Sleeping	137 (43.2%)	61 (35.5%)	76 (52.4%)	0.003	26 (45.6%)	30 (50.8%)	23 (33.8%)	34 (48.6%)	24 (38.1%)	0.242
Traveling	147 (46.4%)	85 (49.4%)	62 (42.8%)	0.284	18 (31.6%)	23 (39.0%)	44 (64.7%)	31 (44.3%)	31 (49.2%)	0.003
Social life	89 (28.1%)	46 (26.7%)	43 (29.7%)	0.653	13 (22.8%)	14 (23.7%)	19 (27.9%)	24 (34.3%)	19 (30.2%)	0.59
Psychological	70 (22.1%)	34 (19.8%)	36 (24.8%)	0.344	6 (10.5%)	9 (15.3%)	15 (22.1%)	20 (28.6%)	20 (31.7%)	0.025
Productivity loss	110 (34.7%)	70 (40.7%)	40 (27.6%)	0.02	15 (26.3%)	22 (37.3%)	23 (33.8%)	29 (41.4%)	21 (33.3%)	0.491
Gastro-internal	48 (15.1%)	16 (9.3%)	32 (22.1%)	0.003	5 (8.8%)	4 (6.8%)	6 (8.8%)	15 (21.4%)	18 (28.6%)	0.001
Others	5 (1.6%)	3 (1.7%)	2 (1.4%)	1.000	4 (7.0%)	0 (0.0%)	0 (0.0%)	0 (0.0%)	1 (1.6%)	0.003