

Table 1. Baseline demographic and clinical characteristics.

		Group I (60)	Group II (60)	P value
Gender	Male	23% (14)	40% (24)	0.077
	Female	77% (46)	60% (36)	
Age	Mean \pm SD	41.2 \pm 11.9	42.7 \pm 11.4	0.477
Weight	Mean \pm SD	211.2 \pm 60.9	168.6 \pm 40.6	0.000
Height	Mean \pm SD	65.8 \pm 3.7	66.4 \pm 4.1	0.430
Duration of Pain (months)	Mean \pm SD	104.2 \pm 106.5	129.0 \pm 90.9	0.173
Onset of Pain	Gradual	67% (40)	70% (42)	0.845
	Injury	33% (20)	30% (18)	
Pain Distribution	Unilateral	20% (12)	25% (15)	0.662
	Bilateral	80% (48)	75% (45)	
Back Pain Distribution	Back pain only	15% (9)	20% (12)	0.849
	Back pain worse than leg pain	65% (39)	60% (36)	
	Leg pain worse than back pain	5% (3)	3% (2)	
	Both equal	15% (9)	17% (10)	
Numeric Rating Score	Mean \pm SD	8.0 \pm 1.0	7.7 \pm .9	0.082
Oswestry Disability Index	Mean \pm SD	30.7 \pm 4.5	29.2 \pm 5.2	0.096

*Multiple patients presented with disc herniation at more than one level.

Table 2. Comparison of Numeric Pain Rating Scale and Oswestry Disability Index score summaries at 6 time points.

Time Points	Numeric Pain Rating Scale		Oswestry Disability Index	
	Group I (60)	Group II (60)	Group I (60)	Group II (60)
	Mean \pm SD	Mean \pm SD	Mean \pm SD	Mean \pm SD
Baseline	8.0 \pm 1.0	7.7 \pm .9	30.7 \pm 4.5	29.2 \pm 5.2
3 months	3.6* \pm 0.9 (88%)	3.5* \pm 1.2 (83%)	14.9* \pm 4.3 (83%)	14.6* \pm 5.1 (78%)
6 months	3.9* \pm 1.1 (77%)	3.6* \pm 1.2 (82%)	15.4* \pm 4.8 (73%)	14.4* \pm 5.2 (77%)
12 months	3.7* \pm 1.2 (78%)	3.7* \pm 1.3 (72%)	14.9* \pm 5.0 (77%)	15.0* \pm 6.4 (70%)
18 months	3.8* \pm 1.2 (73%)	3.9* \pm 1.4 (68%)	14.9* \pm 5.0 (75%)	14.9* \pm 5.9 (72%)
24 months	3.9* \pm 1.3 (73%)	3.6* \pm 1.4 (72%)	14.9* \pm 5.1 (72%)	14.6* \pm 6.1 (70%)
Group Difference	0.378		0.287	
Time Difference	0.000		0.000	
Group by Time Interaction	0.346		0.541	

A lower value indicates a better condition

* significant difference with baseline values within the group (P < 0.001)

(____) illustrates proportion with significant pain relief (\geq 50%) from baseline