

Supplementary Table 1. Search strategy for Pubmed, Cochrance, Medline and Embase

Pubmed	No	Query
	1#	(Intervertebral Disc Displacement[MeSH Terms]) OR (Disc Displacement, Intervertebral[Title/Abstract]) OR (lumbar disc herniation[Title/Abstract]) OR (Intervertebral Disc Displacements[Title/Abstract]) OR (Disk Protrusion[Title/Abstract]) OR (Disk Protrusions[Title/Abstract]) OR (Protrusion, Disk[Title/Abstract]) OR (Protruded Disk[Title/Abstract]) OR (Protruded Disks[Title/Abstract]) OR (Intervertebral Disk Displacement[Title/Abstract]) OR (Disk, Herniated[Title/Abstract]) OR (Herniated Disks[Title/Abstract]) OR (Slipped Disk[Title/Abstract]) OR (Disk, Slipped[Title/Abstract]) OR (Disk Prolapses[Title/Abstract]) OR (Prolapse, Disk[Title/Abstract]) OR (Herniated Disc[Title/Abstract]) OR (Slipped Discs[Title/Abstract]) OR (Prolapsed Discs[Title/Abstract]) OR (Intervertebral Disc Herniation[Title/Abstract]) OR (Intervertebral Disk Herniation[Title/Abstract]) OR (Intervertebral Disk Protrusion[Title/Abstract]) OR (Intervertebral Disc Protrusion[Title/Abstract]) OR (Disc Protrusion[Title/Abstract]) OR (Disc, Protruded[Title/Abstract]) OR (Discs, Protruded[Title/Abstract])
	2#	(Intervertebral Disc[MeSH Terms]) OR (Intervertebral Disk[Title/Abstract]) OR (Disc, Intervertebral[Title/Abstract]) OR (Discs, Intervertebral[Title/Abstract]) OR (Intervertebral Discs[Title/Abstract]) OR (Disk, Intervertebral[Title/Abstract]) OR (Disks, Intervertebral[Title/Abstract]) OR (Intervertebral Disks[Title/Abstract])
	3#	(Discectomy[MeSH Terms]) OR (Discectomies[MeSH Terms]) OR (Discectomy[MeSH Terms]) OR (Discectomies[MeSH Terms])
	4#	(Randomized Controlled Trials[MeSH Terms]) OR (Clinical Trials, Randomized[MeSH Terms]) OR (Trials, Randomized Clinical[MeSH Terms]) OR (Controlled Clinical Trials, Randomized[MeSH Terms])
Cochrance	1#	(Disc Displacement, Intervertebral):ti,ab,kw OR (lumbar disc herniation):ti,ab,kw OR (Intervertebral Disc Displacements):ti,ab,kw OR (Disk Protrusion):ti,ab,kw OR (Protruded Disk):ti,ab,kw OR (Intervertebral Disk Displacement):ti,ab,kw OR (Slipped Disk):ti,ab,kw OR (Disk Prolapse):ti,ab,kw OR (Prolapsed Disks):ti,ab,kw
	2#	(Intervertebral Disk):ti,ab,kw OR (Disc, Intervertebral):ti,ab,kw OR (Disc, Intervertebral):ti,ab,kw OR (Discs, Intervertebral):ti,ab,kw OR (Intervertebral Discs):ti,ab,kw OR (Disk, Intervertebral):ti,ab,kw OR (Disks, Intervertebral):ti,ab,kw OR (Intervertebral Disks):ti,ab,kw
	3#	(Discectomies):ti,ab,kw OR (Discectomy):ti,ab,kw OR (Discectomies):ti,ab,kw
	4#	(Clinical Trials, Randomized):ti,ab,kw OR (Trials, Randomized Clinical):ti,ab,kw OR (Controlled Clinical Trials, Randomized):ti,ab,kw
Medline	1#	MH=(Intervertebral Disc Displacement) OR TI=(Disc Displacement, Intervertebral) OR AB=(Disc Displacement, Intervertebral) OR AB=(lumbar disc herniation) OR TI=(lumbar disc herniation) OR TI=(Intervertebral Disc Displacements) OR AB=(Intervertebral Disc Displacements) OR AB=(Disk

		Protrusion) OR TI=(Disk Protrusion) OR TI=(Protruded Disk) OR AB=(Protruded Disk) OR AB=(Intervertebral Disk Displacement) OR TI=(Intervertebral Disk Displacement) OR TI=(Slipped Disk) OR AB=(Slipped Disk) OR AB=(Disk Prolapse) OR TI=(Disk Prolapse) OR TI=(Prolapsed Disks) OR AB=(Prolapsed Disks)
	2#	(MH=(Intervertebral Disc) OR TI=(Intervertebral Disc) OR AB=(Intervertebral Disc) OR AB=(Disc, Intervertebral) OR TI=(Disc, Intervertebral) OR TI=(Discs, Intervertebral) OR AB=(Discs, Intervertebral) OR AB=(Intervertebral Discs) OR TI=(Intervertebral Discs) OR TI=(Disk, Intervertebral) OR AB=(Disk, Intervertebral) OR AB=(Disks, Intervertebral) OR TI=(Disks, Intervertebral) OR TI=(Intervertebral Disks) OR AB=(Intervertebral Disks)
	3#	(MH=(Discectomy) OR TI=(Discectomies) OR AB=(Discectomies) OR TI=(Discectomy) OR AB=(Discectomy) OR AB=(Discectomies) OR TI=(Discectomies)
	4#	(MH=(Randomized Controlled Trials) OR TI=(Clinical Trials, Randomized) OR AB=(Clinical Trials, Randomized) OR AB=(Trials, Randomized Clinical) OR TI=(Trials, Randomized Clinical) OR TI=(Controlled Clinical Trials, Randomized) OR AB=(Controlled Clinical Trials, Randomized)
Embase	1#	'Disc Displacement, Intervertebral':ab,ti,kw OR 'lumbar disc herniation':ab,ti,kw OR 'Intervertebral Disc Displacements':ab,ti,kw OR 'Disk Protrusion':ab,ti,kw OR 'Disk Protrusions':ab,ti,kw OR 'Protrusion, Disk':ab,ti,kw OR 'Protruded Disk':ab,ti,kw OR 'Protruded Disks':ab,ti,kw OR 'Intervertebral Disk Displacement':ab,ti,kw OR 'Disk, Herniated':ab,ti,kw OR 'Herniated Disks':ab,ti,kw OR 'Slipped Disk':ab,ti,kw OR 'Disk, Slipped':ab,ti,kw OR 'Disk Prolapses':ab,ti,kw OR 'Prolapse, Disk':ab,ti,kw OR 'Herniated Disc':ab,ti,kw OR 'Slipped Discs':ab,ti,kw OR 'Prolapsed Discs':ab,ti,kw OR 'Intervertebral Disc Herniation':ab,ti,kw OR 'Intervertebral Disk Herniation':ab,ti,kw OR 'Intervertebral Disk Protrusion':ab,ti,kw OR 'Intervertebral Disc Protrusion':ab,ti,kw OR 'Disc Protrusion':ab,ti,kw OR 'Disc, Protruded':ab,ti,kw OR 'Discs, Protruded'
	2#	'Intervertebral Disk':ab,ti,kw OR 'Disc, Intervertebral':ab,ti,kw OR 'Discs, Intervertebral':ab,ti,kw OR 'Intervertebral Discs':ab,ti,kw OR 'Disk, Intervertebral':ab,ti,kw OR 'Disks, Intervertebral':ab,ti,kw OR 'Intervertebral Disks':ab,ti,kw
	3#	'Discectomies':ab,ti,kw OR 'Discectomy':ab,ti,kw OR 'Discectomies':ab,ti,kw
	4#	'Clinical Trials, Randomized':ab,ti,kw OR 'Trials, Randomized Clinical':ab,ti,kw OR 'Controlled Clinical Trials, Randomized':ab,ti,kw