



Supplementary Fig. 1. The classification of herniated disc migration. Based on the direction and distance of disc migration, the migrated disc was classified into 5 types: zone 0 (no migration), zone 1 (far-upward migration), zone 2 (near-upward migration), zone 3 (near-downward migration), and zone 4 (far-downward migration). The migrated discs located in zone 1 and zone 4 were definite as severe disc migration.