<table>
<thead>
<tr>
<th>Trial</th>
<th>Number</th>
<th>Interventions</th>
<th>Outcomes / follow-up</th>
</tr>
</thead>
</table>
| Amundsen et al. [1] | 31 | 1. Decompression surgery (13)  
2. Orthosis, back school (18)  
Both groups general physical training | Clinician determined good or bad result at 6 months  
1, 4 and 10 years. Good results:  
1: 92%, 69%, 92%, 91%
2: 39%, 33%, 47%, 71% |
| Comer et al. [7] | 40 | 1. Walking stick if not using one (20)  
2. No walking stick (20) | ZCQ at 2 weeks: NS differences |
| Cuckler et al. [9] | 37 | 1. ESI + procaine (20)  
2. Saline + procaine (17)  
Both groups ESI if < 50% better | Success = 75% self-reported improvement at  
24 hours and mean 20 months: NS differences |
| Eskola et al. [13] | 40 | 1. Calcitonin then placebo  
2. Placebo then calcitonin | VAS rest pain and jumping, walking distance 1, 3, 4, 6, 12 months.  
Active stage V placebo: VAS rest (P=0.01); jump pain (P=0.001 / 0.019; walking distance (P=0.007 / 0.14) up to 3 months  
No long term difference. |
| Fukusaki et al. [16] | 53 | 1. Saline epidural injection  
2. Mepivacaine epidural injection  
3. ESI + mepivacaine | Walking distance improvement: 100m (excellent), 20-100m (good), <20m (poor) at 1 week, 1, 3 months  
2 + 3 V 1 at 1 week (P<0.01); NS at 1 and 3 months |
| Goren et al. [21] | 50 | 1. US + exercise (17)  
2. Sham US + exercise (17)  
3. Control (16) | VAS leg / back, Oswestry, treadmill test, medication after 3 weeks of treatment  
1 + 2 V 3: Leg pain (P<0.007); Oswestry (P<0.014);  
1 V 3: medication (P=0.016)  
1 V 2 = NS differences |
<table>
<thead>
<tr>
<th>Source</th>
<th>N</th>
<th>Interventions</th>
<th>Outcomes</th>
</tr>
</thead>
</table>
| Koc et al. [31]        | 29  | 1. In-patient physical therapy (10)  
2. ESI (10)  
3. Controls (9)                                                                                                                                     | VAS, flexion, treadmill test, sit-to-stand, Roland-Morris (RMD), NHP at 2 weeks, 1, 3, and 6 months  
2 v 3 at 2 weeks: VAS (P=0.008); RMD (P=0.007); NHP (P=0.004). SD in all groups. NS 1 V 2. |
| Kurihara et al. [32]   | 146 | 1. Opalman (15 mgd)\(^h\) (69)  
2. Opalman (3 mgd)\(^h\) (77)                                                                                                                           | Improvement in sensation, walking distance, leg pain standing pain at 6 months  
1 V 2: improvement (P=0.005); improvement in sensation (P=0.008); walking distance (P=0.019). |
| Lee et al. [33]        | 99  | 1. Interlaminar ESI (42)  
2. Bilateral transforaminal ESI (57)                                                                                                                   | NRS, Patient Satisfaction Index (PSI), 5-point pain score at 2 weeks, 2 and 4 months  
2 V 1 at 2w, 2 and 4m NPRS / pain score (P<0.05)                                            |
| Malmivaara et al. [35] | 94  | 1. Decompression surgery (50)  
2. NSAID, back school, some individualised physical therapy (44)                                                                                   | Oswestry, NRS, treadmill test at 6, 12, 24 months  
1 V 2 entire follow-up period: Oswestry (P=0.01), leg pain walking (P=0.02), LBP walking (P=0.0003) |
| Manchikanti et al. [36]| 40  | 1. Caudal ESI + anaesthetic (20)  
2. Caudal epidural anaesthetic (20)                                                                                                                      | NRS, Oswestry at 3, 6, 12 months  
NS differences; SD over time                                                              |
| Manchikanti et al. [37]| 50  | 1. Caudal ESI + anaesthetic (25)  
2. Percutaneous adhesiolysis (25)                                                                                                                     | NRS, Oswestry at 3, 6, 12 months  
2 V 1 entire follow-up period NRS and Oswestry (P<0.0001)                                 |
| Mariconda et al. [38]  | 44  | 1 Decompression surgery (22)  
2. Bed rest, orthosis, physical therapy (22)                                                                                                          | Beaujon Scoring System\(^g\) at 1, 2 years, and mean 47 months:  
1 V 2 at 2 years / long-term (P<0.05 / ≤0.01)                                              |
| Matsudairaa et al. [39]| 79  | 1. Prostaglandin (39)  
2. Etodolac (NSAID) (40)                                                                                                                              | SF 36, rating scale for back and leg pain and walking distance, improvement, satisfaction at 8 weeks  
1 V 2 SF 36 physical functioning, bodily pain, |

\(^h\) = high dose
\(^g\) = Beaujon Scoring System
NS = not significant
NRS = Numerical Rating Scale
P = probability
SD = standard deviation
Ng et al. [40] 32d  1. PRI bupivacaine (15)
2. PRI bupivacaine + steroid (17)  VAS back / leg pain, walking distance at 2, 4, 6, 12 weeks: NS difference in walking distance (only outcome separate data for spinal stenosis)

Podichetty et al. [45] 55  1. Nasal calcitonin (36)
2. Placebo (19)  VAS, Oswestry, walking distance, SF 36 at 6 weeks: NS differences

Porter & Miller [47] 42  1. Injected calcitonin (20)
2. Injected saline (placebo) (22)  Walking distance, pain, sleep, mobility, analgesics at 4, 8 weeks: NS differences

Pua et al. [48] 68  1. BWSTb (33)
2. Cyclingb (35)  Oswestry, Roland-Morris, VAS, patient-rated change at 3, 6 weeks: NS differences, SD over time

Sahin et al. [50] 45  1. Nasal calcitoninc (23)
2. Paracetamolc (22)  VAS, ROM, Roland-Morris, walking distance at 8 weeks: NS differences, SD over time

Slatis et al. [53] 83  1. Decompression surgery (45)
2. NSAID, back school, some individualised physical therapy (38)  Oswestry, NRS, treadmill test at mean 6 years NS difference; SD over time

Tafazal et al. [56] 40  1. Nasal calcitonin (20)
2. Placebo (20)  VAS back / leg pain, Oswestry, LBOS, walking distance at 4, 10, 16 weeks: NS differences

Tafazal et al. [57] 48d  1. PRI bupivacaine (25)
2. PRI bupivacaine + steroid (23)  VAS back / leg pain, Oswestry, LBOS at 6, 12 weeks 1 year: Oswestry at 3 months (P=0.04)

Uratsuji et al. [66] 84  1. Opalman (30 mgd)h (29)
2. Opalman (15 mgd)h (32)  Self-reported improvement, functional tasks at 6 weeks. NS differences
<table>
<thead>
<tr>
<th>Study</th>
<th>Patients</th>
<th>Treatment 1</th>
<th>Treatment 2</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waikakul &amp; Waikakul [67]</td>
<td>152</td>
<td>Methylcobalamin (70)</td>
<td>Control (82)</td>
<td>Pain on movement, ROM, SLR, Neurology, walking distance, medication at 6, 12, 18, 24 months: <strong>1 v 2 at 6, 12, 18 months: walking distance (P&lt;0.05)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Both groups – education, strengthening exercises, physical therapy, NSAID.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weinstein et al. [69]</td>
<td>304e</td>
<td>Decompressive surgery (159)</td>
<td>Usual care† (145)</td>
<td>SF 36, Oswestry at 6 weeks, 3, 6, 12, 24 months: NS differences</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weinstein et al. [70]</td>
<td>289e</td>
<td>Decompressive surgery (138)</td>
<td>Usual care† (151)</td>
<td>SF 36, Oswestry at 6 weeks, 3, 6, 12, 24 months: <strong>1 V 2 SF 36 bodily pain at 2 years (P not stated)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weinstein et al. [71]</td>
<td>304e</td>
<td>Decompressive surgery (159)</td>
<td>Usual care† (145)</td>
<td>SF 36, Oswestry at 3, 4 years: NS differences</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whitman et al. [72]</td>
<td>58</td>
<td>MT, BWST, flexion exercises (29)</td>
<td>Flexion exercises, walking, US (29)</td>
<td>Global rating of change (GRC), Oswestry, NPRS, SSS at 6 weeks, 1 year: <strong>1 V 2 GRC at 6 weeks (P=0.0015)</strong>. Other outcomes NS differences</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yaksi et al. [74]</td>
<td>55</td>
<td>Flexion / strengthening exercises traction, corset, NSAID (27)</td>
<td>As 1 + gabapentin (28)</td>
<td>Walking distance, VAS with movement, neurological deficit at 1, 2, 3, 4 months: <strong>2 V 1 walking distance at 2, 3, 4 months (P=0.03, 0.04, 0.001); VAS at 3, 4 months (P=0.039, 0.006); improvement sensory loss at 4 months (P=0.04)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucherman et al. [76]</td>
<td>191</td>
<td>Decompression surgery (100)</td>
<td>ESI (NSAID, physical therapy) (91)</td>
<td>SF 36, ZCQ, ZCS at 6 weeks, 6, 12 months: <strong>1 V 2 at all time points ZCQ (P not stated), and SF 36 (P not stated)</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zucherman et al. [77]</td>
<td>191</td>
<td>Decompression surgery (100)</td>
<td></td>
<td>ZCQ at 2 years:</td>
</tr>
</tbody>
</table>
2. ESI (NSAID, physical therapy) (91)  1 V 2 all domains of ZCQ (P<0.001)

a = significant differences in bold (with more effective treatment given first)
b = in addition both groups received warm-up (heat, traction) and home flexion exercise programme
c = in addition both groups did exercise programme (heat, flexion and stabilisation exercises)
d = spinal stenosis patients only, trial also included patients with disc herniations
e = in randomised controlled trial, more patients in an observational study
f = physical therapy, ESI, education, home exercises, NSAID
g = combination: walking distance, leg pain rest / exertion, back pain, neurological deficit, medication, quality of life
h = mgd = micrograms per day; Japanese trademark name for prostaglandin E
i = high quality (≥ 6 on PEDro scale) in bold

BWST = body-weight supported treadmill; ESI = epidural steroid injection; LBOS = Low Back Outcome Score; LBP = low back pain; MT = manual therapy; NPRS = Numeric Pain Rating Scale; NRS = Numeric (pain) Rating Scale; NS = not significant; NSAID = non-steroidal anti-inflammatory drugs; PRI = periradicular infiltration; ROM = range of movement; SD = significant difference; SSS = Spinal Stenosis Scale; US = ultrasound; VAS = visual analogue scale; ZCQ = Zurich Claudication Questionnaire; ZCS = Zurich Claudication Score.