

**Supplementary Table 1.** Assessment of data distribution using the Shapiro-Wilk normality test

Items	p-value
Clinical scores	
TELD-VAS-L-Pre	0.802
TELD-VAS-L-Post	0.978
TELD-VAS-B-Pre	0.879
TELD-VAS-B-Post	0.831
TELD-ODI-Pre	0.057
TELD-ODI-Post	0.072
TELD-JOA-Pre	0.467
TELD-JOA-Post	0.493
MD-VAS-L-Pre	0.677
MD-VAS-L-Post	0.598
MD-VAS-B-Pre	0.445
MD-VAS-B-Post	0.150
MD-ODI-Pre	0.251
MD-ODI-Post	0.122
MD-JOA-Pre	0.992
MD-JOA-Post	0.487
Radiographic manifestations	
TELD-IHI-Pre	0.802
TELD-IHI-Post	0.677
TELD-M/D-Pre	0.978
TELD-M/D-Post	0.598
MD-IHI-Pre	0.876
MD-IHI-Post	0.445
MD-M/D-Pre	0.831
MD-M/D-Post	0.150

TELD, transforaminal endoscopic lumbar discectomy; VAS-L, visual analogue scale for leg pain; VAS-B, visual analogue scale for low back pain; ODI, Oswestry Disability Index; JOA, Japanese Orthopaedic Association; MD, microdiscectomy; IHI, intervertebral height index; M/D, paraspinal muscle-disc ratio; Pre, preoperative; Post, postoperative.