

Table 1 New radiographic grading system for lumbar intervertebral disc degeneration modified according to the systems found in literature

Radiographic grading system for lumbar intervertebral disc degeneration (based on lateral and postero-anterior radiographs)			
Height loss	Osteophyte formation	Diffuse sclerosis	Overall degree of degeneration
Anterior and posterior height loss with respect to the individual height before degeneration	Sum of points of eight edges No osteophytes: 0 points < 3 mm: 1 point ≥3 mm but < 6 mm: 2 points ≥6 mm: 3 points	Sum of points of both adjacent vertebral bodies No sclerosis: 0 points 0.25 partially or completely affected: 1 point 0.5 partially or completely affected: 2 points >0.5 partially or completely affected: 3 points	Sum of points of "Height Loss", "Osteophyte Formation" and "Diffuse Sclerosis"
0=0% 1= <33% 2=≥33 but <66% 3=≥66%	0=0 points 1=1-8 points 2=9-16 points 3=17-24 points	0=0 points 1=1-2 points 2=3-4 points 3=5-6 points	0 point = grade 0 (no degeneration) 1-3 points = grade 1 (mild degeneration) 4-6 points = grade 2 (moderate degeneration) 7-9 points = grade 3 (severe degeneration)

The three variables "Height Loss", "Osteophyte Formation" and "Diffuse Sclerosis" are first graded individually on a scale from 0 to 3. The "Overall Degree of Degeneration" is then assigned according to the sum of these three scores