

## SUPPLEMENTARY TABLE

**Supplementary Table 1. Modified MRI grading according to Pfirrmann.**

| <b>Grade</b> | <b>Structural changes within NP</b> | <b>Intervertebral disc height</b> |
|--------------|-------------------------------------|-----------------------------------|
| I            | Homogenous and bright               | Normal                            |
| II           | Heterogenous                        | Normal                            |
| III          | Heterogenous and grey               | Decreased                         |
| IV           | Heterogenous and black              | Decreased or collapsed            |