



Supplementary Fig. 3. The “leave-one-out” sensitivity analysis was conducted to assess the stability of the results. A noteworthy alteration in the results following the exclusion of papers by Choi et al. implies a potential lack of robustness in the meta-analysis of changes in visual analogue scale (A). The leave-one-out analysis for disc height (B), segmental lordosis (C), and subsidence (D) indicated stability, with no discernible impact on the overall results.