

The Influence of the Timing of Postoperative Rehabilitation Intervention on the Clinical Efficacy of Unilateral Biportal Endoscopic Spine System in the Treatment of Lumbar Disc Herniation

NCT07161232

Status	RECRUITING
Phase	Not Applicable
Sponsor	Li Xiang
Enrollment	72 participants

Key Eligibility Criteria

Inclusion (6)

- Aged between 19 and 65 years.
- Diagnosed with lumbar disc herniation by imaging and scheduled for unilateral biportal endoscopic (UBE) surgery.
- Presenting with radicular pain in the lower extremity, with a history of less than 1 year.
- Able to understand Chinese and complete questionnaires independently.
- Physically capable of participating in exercise rehabilitation.
- ... and 1 more (see full listing online)

Exclusion (8)

- Aged under 18 or over 65 years.
- Combined with other spinal pathologies (e.g., ankylosing spondylitis, rheumatoid arthritis, spinal tumor, spinal fracture, cauda equina syndrome).
- Diagnosis of neurological disorders (e.g., multiple sclerosis, Parkinson's disease).
- Presence of uncontrolled cardiovascular, respiratory, or peripheral vascular diseases.
- History of severe psychiatric disorders (e.g., schizophrenia).
- ... and 3 more (see full listing online)

Locations (1 total)

Beijing Friendship Hospital, Beijing, Beijing Municipality, China