

TABLE E-1 Inclusion and Exclusion Criteria

Inclusion criteria
1. Age between 18 and 45 years
2. Informed consent signed by the patient
3. The patient had to understand the rehabilitation protocol and be willing to follow it
4. Isolated Outerbridge defect grade of 3 or 4 on the medial or lateral femoral condyle or trochlea
5. Size of defect between 2 and 10 cm ² after debridement to healthy cartilage. Osteochondral lesions up to 10 mm in depth
6. The knee should not be too tight and should not have a fixed flexion deformity
7. The knee should be stable
8. Only symptomatic lesions are included
9. Normal standing radiographs are made
Exclusion criteria
1. Alcohol or drug abuse during the last 3 years
2. Osteoarthritis, rheumatoid arthritis, gout, Bechterew disease, or chondrocalcinosis
3. Malalignment with >5° of valgus or varus compared with normal
4. Patellofemoral instability
5. Seriously overweight, defined as body mass index of >30 kg/m ²
6. Existing serious illness

TABLE E-2 Baseline Data

	ACI	Microfracture
Mean age (<i>yr</i>)	33.3	31.1
Mean defect size (<i>cm</i> ²)	5.1	4.5
Mean no. of previous operations	1.6	1.4
Mean weight (<i>kg</i>)	81.0	82.1