http://dx.doi.org/10.2106/JBJS.N.00404

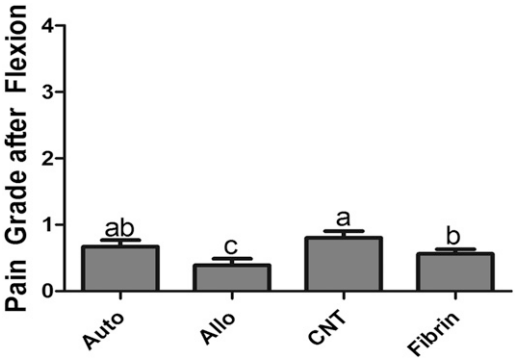

Fig. E-1

Mean pain grade after flexion (and standard error of the mean). Groups labeled with the same letter did not differ significantly from each other.

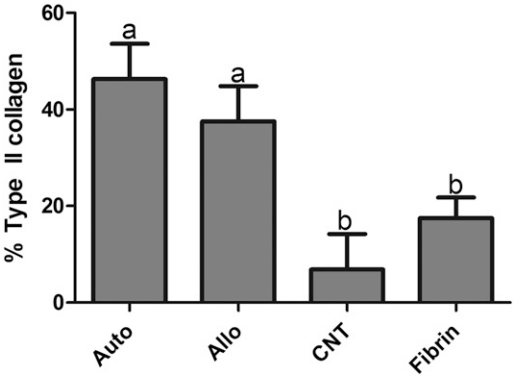

Fig. E-2

Mean percentage of repair tissue staining positive for type-II collagen (and standard error). Groups labeled with the same letter did not differ significantly from each other.

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TABLE E-1 Subject Exercise Schedule*

Week	Exercise	
	Type	Minutes
−7	T	
−6	T	
−5	T	
−4	SR	
−3	SR	
−2	SR	
−1	SR	
0	SR	
1	SR	
2	SR	
3	SR	
4	SR	
5	HW	5
6	HW	10
7	HW	15
8	HW	20
9	TMT	2
10	TMT	5
11	TMT	8
12	TMT	10
13	SR	
14	SR	
15	TMT	5
16	TMT	8
17	TMT	10
18	TMT	10
19	TMT	15
20	TMT	20
21	TGT	6
22	TGT	6
23	TGT	6
24	SR	
25	SR	
26	HW	10
27	HW	15
28	TMT	2
29	TMT	5
30	TMT	5
31	TMT	8
32	TMT	8
33	TMT	10
34	TMT	10
35	TMT	10
36	TMT	10
37	TGT	6
38	TGT	6
39	TGT	6
40	TGT	6
41	TGTF	6
42	TGTF	6
43	TGTF	6
44	TGTF	6
45	TGTF	6
46	TGTF	6
47	TGTF	6
48	SR	
49	SR	
50	SR	
51	SR	

*Exercise occurred five days per week when applicable. T = training, SR = stall rest, HW = hand walking, TMT = treadmill trot, TGT = trot-gallop-trot, and TGTF = trot-gallop-trot fast.

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TABLE E-2 Histologic Grading Criteria for the Osteochondral Biopsies and Sections

Parameter and Grade	Criterion
Nature of repair tissue	
0	Some fibrocartilaginous, mostly nonchondrocytic cells
1	Mostly fibrocartilage
2	Mixed hyaline cartilage and fibrocartilage
3	Mostly hyaline cartilage
4	Hyaline cartilage
Surface regularity	
0	Severe disruption including fibrillation
1	Fissures
2	Superficial horizontal lamination
3	Smooth and intact
Structural integrity	
0	Severe disintegration
1	Slight disruption including cysts
2	Normal
Repair tissue filling	
0	0%-49% of normal adjacent cartilage
1	50%-99% of normal adjacent cartilage
2	100% of normal cartilage
Integration with adjacent cartilage	
0	Not bonded
1	Bonded at one end of the repair tissue
2	Bonded at both ends of the repair tissue
Hypocellularity	
0	Moderate hypocellularity or hypercellularity
1	Slight hypocellularity
2	Normal cellularity
Chondrocyte clustering	
0	25%-100% of the cells
1	<25% of the cells
2	No clusters
Freedom from degenerative changes in adjacent cartilage	
0	Severe hypocellularity with poor or no staining
1	Mild or moderate hypocellularity with slight staining
2	Normal cellularity, mild clusters, moderate staining
3	Normal cellularity with no clusters and with normal staining
Reconstruction of subchondral bone	
0	No subchondral bone reconstruction
1	Minimal subchondral bone reconstruction
2	Reduced subchondral bone reconstruction
3	Normal
Inflammatory response in subchondral bone region	
0	Severe
1	Moderate
2	None or mild