

TABLE E-1 Outcomes Following Microfracture for Isolated Articular Cartilage Lesions

Study	No. of Patients	Average Age (yr)	Average Duration of Follow-up (yr)	Average Size of Lesion (cm ²)	Outcome*
Steadman et al. ²⁰ (2003)	71	30.4	11.3	2.774	Lysholm score ^{27,28} : 59→89; Tegner score ^{27,28} : 3→6
Steadman et al. ¹⁵ (2003)	25	28.2	4.5	Not recorded	Lysholm score ^{27,28} : 68→90; 76% returned to NFL in 1 yr
Knutsen et al. ²³ (2004)	40	32.2	2	4.80	Lysholm score ^{27,28} : 53→76; SF-36 physical score: 36→46
Mithoefer et al. ²² (2005)	48	41.7	3.6	4.82	Good to excellent: 67%
Gudas et al. ²⁴ (2005)	29	24.3	3.1	2.80	Good to excellent: 52%
Gobbi et al. ²⁵ (2005)	53	38	6	4.00	Lysholm score ^{27,28} : 56→87; Tegner score ^{27,28} : 3.2→5; IKDC score ²⁶ : 70% nearly normal

*The values before and after the arrows indicate the preoperative and follow-up scores (in points), respectively.

TABLE E-2 Outcomes Following Osteochondral Autograft Transplantation for Isolated Articular Cartilage Lesions

Study	No. of Patients	Average Age (yr)	Average Duration of Follow-up (yr)	Average Size of Lesion (cm ²)	Outcome*
Hangody and Füles ⁵⁸ (2003)	831	Unknown	10	Unknown	Good to excellent: 92% of femoral lesions, 87% of tibial lesions, 79% of patellofemoral lesions
Marcacci et al. ¹²⁵ (2007)	30	29.3	7	<2.5	Good to excellent: 77%; IKDC score ²⁶ : 35→72
Oztürk et al. ⁵⁹ (2006)	19	33.1	2.7	1-2.5	Good to excellent: 85%; Lysholm score ^{27,28} : 46→88
Chow et al. ¹²⁶ (2004)	30	44.6	3.7	1-2.5	Good to excellent: 83%; Lysholm score ^{27,28} : 44→88
Miniaci and Tytherleigh-Strong ⁶¹ (2007)	20	14.3	3.4	Unknown (osteochondritis dissecans)	Clinically normal by 18 mo; healing of osteochondritis dissecans lesions by 6 mo
Nho et al. ⁶² (2008)	22	30	2.1	1.7	IKDC score ²⁶ : 47→74 for isolated patellar lesions; 71% with complete incorporation on magnetic resonance imaging

*The values before and after the arrows indicate the preoperative and follow-up scores (in points), respectively.

TABLE E-3 Outcomes Following Osteochondral Allograft Transplantation for Isolated Articular Cartilage Lesions

Study	No. of Patients	Average Age (yr)	Average Duration of Follow-up (yr)	Average Size of Lesion (cm ²)	Outcome*
Chu et al. ⁸⁰ (1999)	55	82% <45	6.3	Unknown	Good to excellent according to Merle d'Aubigné and Postel scale ⁸¹ : 76%; good to excellent for bipolar lesions: 50%
Ghazavi et al. ⁸² (1997)	126	35	7.5	Unknown	Good to excellent: 85%; poor results with lower-extremity malalignment: 9/29
Bugbee and Convery ⁸³ (1999)	97	Unknown	4.2	8	Good to excellent for unipolar lesions: 86%; good to excellent for bipolar: 54%
Görtz and Bugbee ⁸⁷ (2007)	43	35	4.5	Unknown	Good to excellent: 88%
Davidson et al. ⁸⁴ (2007)	67	32.6	3.3	4.6	IKDC score ²⁶ : 27→79; SF-36 score: 38→51; Tegner score ^{27,28} : 4.3→5.3
Emmerson et al. ⁸⁶ (2007)	66	28.6	7.7	7.5 (osteochondritis dissecans)	Good to excellent: 72%
Garrett ¹²⁷ (1994)	17	16-46	2-9	3-8	Symptomatic relief: 16/17
Jamali et al. ⁸⁸ (2005)	20	42	7.8	Unknown	Good to excellent for patellofemoral lesions: 60%
McCulloch et al. ⁹⁰ (2007)	25	35	2	5.24	Satisfied with outcome: 84%
LaPrade et al. ⁹¹ (2009)	23	30.9	3	4.8	IKDC score ²⁶ : 52→69; good incorporation: 22/23

*The values before and after the arrows indicate the preoperative and follow-up scores (in points), respectively.

TABLE E-4 Outcomes Following Autologous Chondrocyte Implantation for Isolated Articular Cartilage Lesions

Study	No. of Patients	Average Age (yr)	Average Duration of Follow-up (yr)	Average Size of Lesion (cm ²)	Outcome*
Brittberg et al. ⁹³ (1994)	23	27	3.7	1.6-6.5	Good to excellent: 14/16
Peterson et al. ¹⁰¹ (2000)	25	32.2	4.2	4.2	Good to excellent for femoral condyles: 92%
Peterson et al. ¹²⁸ (2002)	18	40.8	7.4	1.3-12	Tegner score ^{27,28} : 6→9.8; good to excellent: 17/18
Bentley et al. ⁹⁹ (2003)	50	31	1.5	4.7	Good to excellent: 88%
Zaslav et al. ⁹⁶ (2009)	126	34.5	3.9	4.6	Treatment success: 76%; modified Cincinnati score ^{27,28} : 3.3→6.3

*The values before and after the arrows indicate the preoperative and follow-up scores (in points), respectively.