

TABLE E-1 Inclusion and Exclusion Criteria

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

TABLE E-2 Baseline Patient Characteristics

	Autologous Chondrocyte Implantation	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

TABLE E-3 Kellgren and Lawrence Radiographic Grading of Osteoarthritis

Kellgren and Lawrence Grade	Kellgren and Lawrence Definition
1	Minute osteophyte, doubtful importance
2	Definite osteophyte, undiminished joint space
3	Moderate diminution of joint space
4	Joint space greatly diminished with sclerosis of subchondral bone