**Appendix 3: Characteristics of ongoing and terminated studies**

**NCT01931735**

|  |  |
| --- | --- |
| Title | Prospective Trial of Arthroscopic Meniscectomy for Degenerative Meniscus Tears1 |
| Identifier | NCT01931735 |
| Status (13th April 2018) | “This study is ongoing, but not recruiting participants.” |
| Methods | Randomized controlled trial |
| Participants | Inclusion   * Veteran * Age between 45 and 70 years * Degenerative meniscus tear as seen on standard clinical MRI scan * Complaint of "mechanical symptoms" which would include popping, catching, or locking of the knee * Persistent symptoms for a minimum of three months despite conservative management * Patient is enrolled for arthroscopic meniscectomy * Subject agrees to the study follow-up schedule and signs informed consent.   Exclusion   * Radiographic osteoarthritis of the knee in any compartment greater than KL grade 2 * Prior knee arthroscopy within two years of study enrolment * Unable to have an MRI scan * Does not agree to participate |
| Intervention | Arthroscopic partial meniscectomy |
| Comparator | Arthroscopy and lavage |
| Registration date | August 2013 |
| Estimated completion date | September 2017 |
| Contact details | Nicholas J. Giori  VA Palo Alto Health Care System, Palo Alto, CA, United States |

**NCT02995551**

|  |  |
| --- | --- |
| Title | Danish Rct on Exercise Versus Arthroscopic Meniscal Surgery for Young Adults (DREAM)2 |
| Identifier | NCT02995551 |
| Status (13th April 2018) | “This study is currently recruiting participants.” |
| Methods | Randomized controlled trial |
| Participants | Inclusion   * Adults aged 18 to 40 years with knee pain * Clinical history and symptoms consistent with meniscal tear and meniscal tear verified on magnetic resonance imaging (MRI) * Deemed eligible for meniscal surgery (i.e. repair or resection) by the examining orthopedic surgeon * Willing to participate in 12 weeks of supervised exercise twice a week or undergo surgery for the meniscal tear as soon as possible   Exclusion   * Previous knee surgery on the affected knee * Clinical suspicion (acute locking of knee AND/OR extension deficit) of displaced bucket-handle tear confirmed by MRI * Fracture of the affected extremity within the previous 6 months * Complete rupture of one or more knee ligaments. * Participation in supervised systematic exercise for knee problems within the last 3 months prior to recruitment * Other reasons for exclusion (Unable to understand Danish, mentally unable to participate, etc.) |
| Intervention | Arthroscopic meniscal repair or resection |
| Comparator | Exercise and Education |
| Registration date | December 2016 |
| Estimated completion date | April 2019 |
| Contact details | Søren T. Skou  University of Southern Denmark and Næstved-Slagelse-Ringsted Hospitals, Denmark |

**NCT02113280**

|  |  |
| --- | --- |
| Title | DEMAND - DEgenerative Meniscal Tears - Arthroscopy vs. Dedicated Exercise (DEMAND)3 |
| Identifier | NCT02113280 |
| Status (13th April 2018) | “This study is not yet open for participant recruitment.” |
| Methods | Randomised controlled trial |
| Participants | Inclusion   * Age over 45 years * Knee pain in the presence of a medial meniscal tear on MRI.   Exclusion   * History of trauma to the knee or ipsilateral lower limb in the past 2 years * Inability to engage in postoperative rehabilitation * Lacking capacity to consent * Evidence of infection * Previous knee surgery other than arthroscopy (diagnostic or partial meniscectomy) Neurological disease * Inflammatory arthritis * Loose bodies * Ligament injuries causing symptomatic instability * Women who are pregnant * Have current signs or symptoms of severe, progressive or uncontrolled renal, hepatic, haematological, gastrointestinal, endocrine, pulmonary, cardiac, neurologic, or cerebral disease. * Uncontrolled disease states, such as moderate/severe asthma, COPD or inflammatory bowel disease, where flares are commonly treated with oral or parenteral corticosteroids, or recurrent infections. |
| Intervention | Knee arthroscopy and meniscal debridement |
| Comparator | Outpatient standardised physiotherapy regime with focus on exercise therapy |
| Registration date | October 2013 |
| Estimated completion date | December 2018 |
| Contact details | Sarah Johnson-Lynn  Northumbria Healthcare NHS Foundation Trust, UK |

**Appendix 3 References**

1 Giori NJ. Prospective Trial of Arthroscopic Meniscectomy for Degenerative Meniscus Tears (NCT01931735). ClinicalTrials.gov. 2013. https://clinicaltrials.gov/ct2/show/NCT01931735.

2 Skou ST. Danish Rct on Exercise Versus Arthroscopic Meniscal Surgery for Young Adults (DREAM) (NCT02995551). ClinicalTrials.gov. 2016. https://clinicaltrials.gov/ct2/show/NCT02995551.

3 Johnson-Lynn S. DEMAND - DEgenerative Meniscal Tears - Arthroscopy vs. Dedicated Exercise (NCT02113280). ClinicalTrials.gov. 2013. https://clinicaltrials.gov/ct2/show/record/NCT02113280.