Orthopedic surgeon’s clinical and radiological evaluation (N = 61)

Randomized (N = 56)
  − Week 0

Allocated to arthroscopy and 8-week home exercise program (N = 28)

At one week
  Arthroscopy
    − Received allocated treatment (N = 28)

At three weeks
  Home exercise program
    − Received allocated treatment (N = 27)
      o One patient started the exercise program at 4 weeks because of knee pain
    − Did not receive allocated treatment (N = 1)
      o The patient refused to continue after arthroscopy (reason unknown)

At 9 months
  Primary follow-up
    − Lost to follow-up (N = 1)
      o The patient who did not receive the allocated treatment
    − 27 patients participated and were analyzed

At 24 months
  Secondary follow-up
    − Lost to follow-up (N = 2)
      o Reasons unknown
    − 25 (89%) patients participated and were analyzed

Allocated to 8-week home exercise program (N = 28)

At three weeks
  Home exercise program
    − Received allocated treatment (N = 25)
    − Did not receive allocated treatment (N = 3)
      o The first refused to continue after randomization (reason unknown), the second refused during the intervention period (lack of interest, busy with his work), and the third moved abroad (address unknown)

At 9 months
  Primary follow-up
    − Lost to follow-up (N = 3)
      o The patients who did not receive the allocated treatment
    − 25 patients participated and were analyzed
      o Three of them insisted on having an arthroscopy after the home exercise program. Their data were included in the intention-to-treat analysis

At 24 months
  Secondary follow-up
    − Lost to follow-up (N = 2)
      o Reasons unknown
    − 23 (82%) patients participated and were analyzed
      o One of them insisted on having an arthroscopy after 9-month follow-up. The patient’s data was included in the intention-to-treat analysis