**Appendix 1:** Other evidence: clinical trials, systematic reviews, and UK national guidelines (Box 1 references)

Lavage / Washout

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| **1993** | **RCT** | Chang RW, Falconer J, Stulberg SD, Arnold WJ, Manheim LM, Dyer AR. A randomized, controlled trial of arthroscopic surgery versus closed-needle joint lavage for patients with osteoarthritis of the knee. Arthritis Rheum 1993;36:289-96. |
| **1999** | **RCT** | Ravaud P, Moulinier L, Giraudeau B et al. Effects of joint lavage and steroid injection in patients with osteoarthritis of the knee: results of a multicenter, randomized, controlled trial. Arthritis Rheum 1999;42: 475–82. |
| **2000** | **RCT** | Kalunian KC, Moreland LW, Klashman DJ et al. Visually-guided irrigation in patients with early knee osteoarthritis: a multicenter randomized, controlled trial. Osteoarthritis Cartilage 2000;8:412–18. |
| **2002** | **RCT** | Bradley JD, Heilman DK, Katz BP, Gsell P, Wallick JE, Brandt KD. Tidal irrigation as treatment for knee osteoarthritis: a sham-controlled, randomized, double-blinded evaluation. Arthritis Rheum 2002;46: 100–8. |
| **2002** | **RCT** | Moseley JB, O’Malley K, Petersen NJ et al. A controlled trial of arthroscopic surgery for osteoarthritis of the knee. N Engl J Med 2002;347:81–8. |
| **2003** | **RCT** | Smith MD, Wetherall M, Darby T et al. A randomized placebo-controlled trial of arthroscopic lavage versus lavage plus intra-articular corticosteroids in the management of symptomatic osteoarthritis of the knee. Rheumatology 2003;42:1477–85. |
| **2004** | **RCT** | Frias G, Caracuel MA, Escudero A et al. Assessment of the efficacy of joint lavage versus joint lavage plus corticoids in patients with osteoarthritis of the knee. Curr Med Res Opin 2004;20:861–7. |
| **2007** | **National Guideline (NICE)** | Arthroscopic knee washout, with or without debridement, for the treatment of osteoarthritis (IPG230). https://www.nice.org.uk/guidance/ipg230 |
| **2008** | **RCT** | Kirkley A, Birmingham TB, Litchfield RB, Giffin JR, Willits KR, Wong CJ, et al. A randomized trial of arthroscopic surgery for osteoarthritis of the knee. N Engl J Med 2008;359:1097-107 |
| **2009** | **SR** | ﻿Avouac J, Vicaut E, Bardin T, Richette P. Efficacy of joint lavage in knee osteoarthritis: Meta-analysis of randomized controlled studies. Rheumatology. 2010;49(2):334–40. |
| **2010** | **SR** | ﻿Reichenbach S, Rutjes AW, Nüesch E, Trelle S, Jüni P. Joint lavage for osteoarthritis of the knee. Cochrane Database Syst Rev [Internet]. 2010 May 12 [cited 2018 Jul 25]; Available from: http://doi.wiley.com/10.1002/14651858.CD007320.pub2 |
| **2014** | **National Guideline (NICE)** | Osteoarthritis: care and management (CG177). https://www.nice.org.uk/guidance/cg177 |
| **2015** | **SR\*** | Thorlund JB, Juhl CB, Roos EM, et al. Arthroscopic surgery for degenerative knee: systematic review and meta-analysis of benefits and harms. BMJ 2015;350:h2747. |

Partial meniscectomy

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| **2007** | **RCT** | Herrlin S, Hallander M, Wange P, Weidenhielm L, Werner S. Arthroscopic or conservative treatment of degenerative medial meniscal tears: a prospective randomised trial. Knee Surg Sports Traumatol Arthrosc 2007;15:393-401. |
| **2012** | **RCT** | Østeras H, Østeras B, Torstensen TA. Medical exercise therapy, and not arthroscopic surgery, resulted in decreased depression and anxiety in patients with degenerative meniscus injury. J Bodyw Mov Ther 2012;16:456-63.12 |
| **2013** | **RCT** | Katz JN, Brophy RH, Chaisson CE, de Chaves L, Cole BJ, Dahm DL, et al. Surgery versus physical therapy for a meniscal tear and osteoarthritis. N Engl J Med 2013;368:1675-84. |
| **2013** | **RCT** | Vermesan D, Prejbeanu R, Laitin S, Damian G, Deleanu B, Abbinante A, et al. Arthroscopic debridement compared to intra-articular steroids in treating degenerative medial meniscal tears. Eur Rev Med Pharmacol Sci 2013;17:3192-6. |
| **2013** | **RCT** | Yim JH, Seon JK, Song EK, Choi JI, Kim MC, Lee KB, et al. A comparative study of meniscectomy and nonoperative treatment for degenerative horizontal tears of the medial meniscus. Am J Sports Med 2013;41:1565-70. |
| **2013** | **RCT** | Sihvonen R, Paavola M, Malmivaara A, Itala A, Joukainen A, Nurmi H, et al. Arthroscopic partial meniscectomy versus sham surgery for a degenerative meniscal tear. N Engl J Med 2013;369:2515-24.15 |
| **2014** | **RCT** | Gauffin H, Tagesson S, Meunier A, Magnusson H, Kvist J. Knee arthroscopic surgery is beneficial to middle-aged patients with meniscal symptoms: a prospective, randomised, single-blinded study. Osteoarthritis Cartilage 2014;22:1808-16. |
| **2014** | **SR** | Khan M, Evaniew N, Bedi A, Ayeni OR, Bhandari M. Arthroscopic surgery for degenerative tears of the meniscus: a systematic review and meta-analysis. CMAJ 2014;186:1057-64. doi:10.1503/ cmaj.140433. |
| **2015** | **SR\*** | Thorlund JB, Juhl CB, Roos EM, et al. Arthroscopic surgery for degenerative knee: systematic review and meta-analysis of benefits and harms. BMJ 2015;350:h2747. |
| **2016** | **RCT** | Kise NJ, Risberg MA, Stensrud S, et al. Exercise therapy versus arthroscopic partial meniscectomy for degenerative meniscal tear in middle aged patients: randomised controlled trial with two year follow-up. BMJ 2016;354:i3740. |
| **2016** | **SR** | Lamplot JD, Brophy RH. The role for arthroscopic partial meniscectomy in knees with degenerative changes: a systematic review. Bone Joint J 2016; 98–B: 934–8. |
| **2016** | **SR** | van de Graaf VA, Wolterbeek N, Mutsaerts ELAR, et al. Arthroscopic Partial Meniscectomy or Conservative Treatment for Nonobstructive Meniscal Tears: A Systematic Review and Meta-analysis of Randomized Controlled Trials. Arthrosc J Arthrosc Relat Surg 2016; 32: 1855–1865.e4. |

Chondroplasty

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| **2002** | **RCT** | Stein DT, Ricciardi CA, Viehe T. The effectiveness of the use of electrocautery with chondroplasty in treating chondromalacic lesions: a randomized prospective study. Arthroscopy 2002;18:190–3. |
| **2002** | **RCT** | Owens BD, Stickles BJ, Balikian P, et al. Prospective analysis of radiofrequency versus mechanical debridement of isolated patellar chondral lesions. Arthroscopy 2002;18:151–5. |
| **2006** | **RCT** | Barber FA, Iwasko NG. Treatment of Grade III Femoral Chondral Lesions: Mechanical Chondroplasty Versus Monopolar Radiofrequency Probe. Arthrosc - J Arthrosc Relat Surg 2006; 22: 1312–7. |
| **2008** | **RCT** | Kang RW, Gomoll AH, Nho SJ, Pylawka TK, Cole BJ. Outcomes of mechanical debridement and radiofrequency ablation in the treatment of chondral defects: a prospective randomized study. J Knee Surg 2008; 21:116–121 |
| **2010** | **RCT** | Spahn G, Klinger HM, Mückley T, Hofmann GO. Four-Year Results From a Randomized Controlled Study of Knee Chondroplasty With Concomitant Medial Meniscectomy: Mechanical Debridement Versus Radiofrequency Chondroplasty. Arthrosc J Arthrosc Relat Surg 2010; 26: S73–80. |
| **2014** | **National Guideline (NICE)** | Arthroscopic radiofrequency chondroplasty for discrete chondral defects of the knee (IPG493). https://www.nice.org.uk/guidance/ipg493 |
| **2016** | **SR** | Rocco P, Lorenzo DB, Guglielmo T, Michele P, Nicola M, Vincenzo D. Radiofrequency energy in the arthroscopic treatment of knee chondral lesions: A systematic review. Br Med Bull 2016; 117: 149–56. |

*RCT = randomized controlled clinical trial; SR = systematic review; \* = “degenerative knee disease” population; NICE = National Institute for Health and Care Excellence*