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

**NCT01931735**

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| --- | --- |
| 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. GioriVA 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. SkouUniversity 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-LynnNorthumbria 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.