

Sent for second stage eligibility assessment to ORTON Orthopaedic Hospital ($N = 61$)

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

Excluded ($N = 5$)

- Did not meet inclusion criteria ($N = 4$)
- Refused to participate before randomization ($N = 1$)

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)

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 ($N = 1$)
 - o The patient who did not receive the allocated treatment
- 27 patients participated and were analyzed

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
- 25 (89%) patients participated and were analyzed

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