Table S1 Classification of arthroscopic observation of articular cartilage damage

A: Score

|  |  |
| --- | --- |
| 1 | Normal |
| 2 | Softening |
| 3 | Fissure |
| 4 | Fibrillation or Ulcer-less than half cartilage thickness |
| 5 | Fibrillation or Ulcer-more than half cartilage thickness |
| 6 | Cartilage defect-Full thickness |
| 7 | Bone defect |

B: Region

|  |  |  |
| --- | --- | --- |
| Patellofemoral joint | Patella | (1, 2, 3, 4, 5, 6,7) |
| Femoral trochlear | (1, 2, 3, 4, 5, 6,7) |
| Femorotibial joint | Medial femoral condyle | (1, 2, 3, 4, 5, 6,7) |
| Medial tibial plateau | (1, 2, 3, 4, 5, 6,7) |
| Lateral femoral condyle | (1, 2, 3, 4, 5, 6,7) |
| Lateral tibial plateau | (1, 2, 3, 4, 5, 6,7) |