

Osteras H, Osteras B, Torstensen TA. Medical exercise therapy, and not arthroscopic surgery, resulted in decreased depression and anxiety in patients with degenerative meniscus injury. Journal of Bodywork & Movement Therapies 2012;16: 456-463.

Design: Randomized clinical trial

Study question: Is supervised medical exercise as effective as arthroscopic surgery for patients with degenerative meniscal injury?

Reasons not to include as evidence:

- The comparison interventions are not suitable; an exercise group was compared with a surgery group, but the surgery group did not have any structured rehabilitation therapy postoperatively; this makes the study irrelevant to clinical practice, where such rehabilitation is part of routine management
- The study is very small; there were only 9 patients in the exercise group and 8 in the surgery group
- The assessments of outcome were not blinded; the treating physical therapists did the outcome assessments and reporting
- These three problems (irrelevant comparison, small sample size, and high risk of bias) exclude the study from consideration as evidence for the lower extremity guideline