

**Vangsness CT, Farr J, et al. Adult Human Mesenchymal Stem Cells Delivered via Intra-Articular Injection to the Knee Following Partial Medial Meniscectomy A Randomized, Double-Blind, Controlled Study. JBJS Am 2014;96:90-98.**

Design: Randomized clinical trial

Study question: In patients having arthroscopic partial meniscectomy, does intra-articular administration of human mesenchymal stem cells promote meniscus regeneration and ameliorate the effects on osteoarthritis in the joint?

Reasons not to cite as evidence:

- The study is exploratory in nature, planned as a Phase I /II combined safety and preliminary efficacy study of human mesenchymal stem cells following partial meniscectomy
- The primary outcome is meniscal regeneration by MRI criteria, and only a small fraction of the two intervention groups (3 of 17 in the low dose group and 0 of 18 in a high dose group) met this criterion at 2 years
- The safety criterion was met, and further work may furnish more information on efficacy and dosage
- The inclusion criteria were “indications for partial meniscectomy,” but this may have included many patients with degenerative meniscal tears, for whom physical therapy is likely to be as effective as arthroscopic surgery, and the study population may not be considered appropriate for any kind of invasive intervention