

**sTable 1 Characteristics of the patients in the included studies**

Study	Patients screened	Patients included	Knees included	Patients at F-U	Knees at F-U	Male/female	Age mean $\pm$ SD, (range)	BMI mean $\pm$ SD, (range)	Duration of OA mean $\pm$ SD (range)	Knee OA grade
Altman, 2009	821	295	295	259	259	109/186 <sup>a</sup>	60.8 $\pm$ 10.0 (NR)	33.0 $\pm$ 7.0 (NR)	NR	K-L2 115, K-L3 180 <sup>a</sup>
Altman, 2004	454	174	174	119	119	63/111 <sup>a</sup>	63.3 $\pm$ NR (35-85)	29.5 $\pm$ NR (18.4-54.6)	6.5 $\pm$ NR (0.0-50.5)	K-L2 39, K-L3 90, K-L4 45 <sup>a</sup>
Arden, 2014	NR	110	110	91 (ITT 110)	91 (ITT 110)	59/51 <sup>a</sup>	60.9 $\pm$ NR (30-86)	27.5 $\pm$ NR (20.1-41)	3.1 $\pm$ NR (0-44.1)	K-L2 40, K-L3 70 <sup>a</sup>
Auw-Yang, 2008	250	78	78	74	74	43/31 <sup>b</sup>	53 $\pm$ 11 (NR)	28 $\pm$ 14 (NR)	NR	NR
Baltzer, 2009	464	107	107	99	99	39/68 <sup>a</sup>	60.3 $\pm$ 10.7 (NR)	NR	NR	NR
Bar-Or, 2013	391	4ml 83 10ml 81	4ml 83 10ml 81	4ml 83 10ml 79	4ml 83 10ml 79	4ml 26/57 <sup>a</sup> 10ml 31/50 <sup>a</sup>	4ml 60.7 $\pm$ 8.3 (41-84) 10ml 63.8 $\pm$ 10.0 (41-84)	4ml 34.5 $\pm$ 8.0 (NR) 10ml 32.1 $\pm$ 6.5 (NR)	NR	4ml K-L2 29, K-L3 32, K-L4 22 <sup>a</sup> 10ml K-L2 26, K-L3 34, K-L4 21 <sup>a</sup>
Brandt, 2001	226	112	112	69	69	26/43 <sup>b</sup>	67 $\pm$ 8.4 (NR)	29.8 $\pm$ 6.5 (NR)	NR	NR
Chao, 2016	80	39	39	33	33	31/2 <sup>b</sup>	63.2 $\pm$ 12.4 (NR)	NR	12.5 $\pm$ NR (NR)	NR
Chevalier, 2010	329	129 (130 as treated)	129	117	117	41/88 <sup>a</sup>	62.5 $\pm$ 9.2 (NR)	29.8 $\pm$ 5.7 (NR)	5.8 $\pm$ 5.4 (NR)	K-L2 51 K-L3 78 K-L4 1 <sup>a</sup>
Conaghan, 2017	310	100	100	85	85	39/61 <sup>a</sup>	59.7 $\pm$ 8.23 (NR)	31.2 $\pm$ 5.1 (NR)	6.4 $\pm$ 5.8 (NR)	NR

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Conaghan, 2018	1181	163	163	149	149	66/96 <sup>a</sup> (1 patients was not treated)	62.4 $\pm$ 8.9 (40-85)	30.2 $\pm$ 4.7 (NR)	6.6 $\pm$ 5.79 (NR)	K-L2 69, K-L3 93 <sup>a</sup> (1 patients was not treated)
Day, 2019	240	124	124	115	115	51 <sup>a</sup>	62 $\pm$ NR (33-75)	NR	<1 y 12 1-2y 13 2-5y 36 >5y 63	NR
Eker, 2017	109	27	27	26	26	14 <sup>b</sup>	69.7 $\pm$ 7.3 (NR)	30.7 $\pm$ 6.3 (NR)	4.8 $\pm$ 1.6 (NR)	K-L2 8, K-L3 9, K-L 9 <sup>a</sup>
Gormeli, 2017	250	45	45	40	40	20 <sup>b</sup>	52.8 $\pm$ 12.8 (NR)	29.5 $\pm$ 3.2 (NR)	NR	KL0,1,2,3 27 KL4 13 <sup>b</sup>
Grecomoro, 1987	34	NR	18	NR	16	NR	NR $\pm$ NR (43-92)	NR	NR	NR
Hangody, 2018	368	69	69	66	66	18 <sup>a</sup>	58.0 $\pm$ 9.0 (NR)	29.1 $\pm$ 5 (NR)	NR	K-L1 17, K-L2 38, K-L3 14, K-L4 0 <sup>a</sup>
Henrotin, 2017	84	41	41	31	31	10 <sup>a</sup>	63 $\pm$ 8.9 (NR)	30.8 $\pm$ 7.2 (NR)	5.9 $\pm$ 5.3 (NR)	K-L2 24 K-L3 17 <sup>a</sup>
Huang, 2011	227	100	100	100	100	22 <sup>a</sup>	64.2 $\pm$ 8.4 (NR)	25.4 $\pm$ 2.9 (NR)	1.0 $\pm$ 2.2 (NR)	K-L2 60, K-L3 40 <sup>a</sup>
Huskisson, 1999	100	50	50	41	41	21 <sup>a</sup>	64.8 $\pm$ 9.3 (NR)	NR	0-6m 7 7-12m 15 13-24m 13 >25m 15	K-L2 28 K-L3 22 <sup>a</sup>
Jorgensen, 2010	415	170	170	159	159	73/97 <sup>a</sup>	61.4 $\pm$ 11.1 (NR)	NR	6.7 $\pm$ 8.2 (NR)	NR

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Jubb, 2003	534	200	200	159	159	72/128 <sup>a</sup>	65.0 $\pm$ 9.1 (NR)	29.8 $\pm$ 5.0 (NR)	8.5 $\pm$ 7.5 (NR)	NR
Karlsson, 2002	246	57	57	48	48	22/35 <sup>a</sup>	71.0 $\pm$ 6.0 (NR)	NR	NR	Ahlbaeck1 33 Ahlbaeck2 24 <sup>a</sup>
Kim, 2018	269	83	83	81	81	11/70 <sup>b</sup>	61.5 $\pm$ 7.3 (NR)	25.7 $\pm$ 2.6 (NR)	5.0 $\pm$ 4.2 (NR)	NR
Kon, 2018	59	15	15	14	14	9/6 <sup>a</sup>	54 $\pm$ NR (44-67)	NR	NR	K-L2 10 K-L3 4 <sup>b</sup>
Kotevoglou, 2006	78	NR	NR	18	18	2/16 <sup>b</sup>	60.1 $\pm$ 5.4 (50-72)	NR	3.7 $\pm$ 4.0 (NR)	NR
Kul-Panza, 2010	48	23	23	22	22	5/18 <sup>a</sup>	62.8 $\pm$ 7.8 (NR)	29.9 $\pm$ 6 (NR)	6.3 $\pm$ 6.5 (NR)	K-L1 6 K-L2 11 K-L3 4 K-L4 2 <sup>a</sup>
Lee, 2015	87	27	27	25	25	NR	58 $\pm$ NR (49-69)	25 $\pm$ NR (21.3-29.6)	NR	NR
Lee, 2019	33	12	12	12	12	3/9 <sup>b</sup>	63.2 $\pm$ 4.2 (NR)	25.4 $\pm$ 3.0 (NR)	NR	K-L2 5 K-L3 6 K-L4 1 <sup>a</sup>
Lin, 2019	194	NR	27	NR	26	10/17 <sup>a</sup>	62.2 $\pm$ 11.7 (NR)	25.0 $\pm$ 3.1 (NR)	NR	Ahlback1 4 Ahlback2 12 Ahlback3 11 <sup>a</sup>
Lohmander, 1996	240	120	120	93	93	53/67 <sup>a</sup>	58.0 $\pm$ 8.4 (NR)	NR	NR	Ahlback1 109 Ahlback2 11 <sup>a</sup>
Lozada, 2017	530	113	113	85	85	46/67 <sup>b</sup>	59.7 $\pm$ 8.7 (NR)	29.6 $\pm$ 4.2 (NR)	NR	K-L2 66 K-L3 47 <sup>a</sup>

Study	Patients screened	Patients included	Knees included	Patients at F-U	Knees at F-U	Male/female	Age mean $\pm$ SD, (range)	BMI mean $\pm$ SD, (range)	Duration of OA mean $\pm$ SD (range)	Knee OA grade
Lundsgaard, 2008	308	2ml 84 20ml 83	2ml 84 20ml 83	2ml 80 20ml 81	2ml 80 20ml 81	2ml 40/44 <sup>a</sup> 20ml 37/36 <sup>a</sup>	2ml 69.6 $\pm$ 7.3 (NR) 20ml 69.8 $\pm$ 6.8 (NR)	2ml 29.3 $\pm$ 4.3 (NR) 20ml 29.2 $\pm$ 4.9 (NR)	NR	2ml K-L1 9 K-L2 10 K-L3 30 K-L4 31 <sup>b</sup> 20ml K-L1 11 K-L2 11 K-L3 34 K-L4 27 <sup>a</sup>
McAlindon, 2017	445	70	70	60	60	32/38 <sup>a</sup>	57.2 $\pm$ 7.6 (NR)	31.7 $\pm$ 6.6 (NR)	NR	K-L2 29 K-L3 41 <sup>a</sup>
McAlindon, 2018	538	89	89	82	82	38/51 <sup>a</sup>	61.1 $\pm$ 7.8 (NR)	30.4 $\pm$ 5.1 (NR)	7.6 $\pm$ 5.7 (NR)	K-L2 50 K-L3 39 <sup>a</sup>
Navarro-Sarabia, 2011	446	152	152	94	94	128/25 <sup>a</sup> (incoherence between flowchart and tables)	63.9 $\pm$ 8.9 (NR)	28.7 $\pm$ 2.6 (NR)	8.1 $\pm$ 8.4 (NR)	K-L2 114 K-L3 39 25 <sup>a</sup> (incoherence between flowchart and tables)
Patel, 2013	150	26	52	23	46	6/17 <sup>b</sup>	53.7 $\pm$ 8.2 (37-70)	26.2 $\pm$ 2.9 (21.6-32.2)	NR	Ahlback1 25 Ahlback2 18 Ahlback3 3 <sup>b</sup>
Pavelka, 1995	89	NR	NR	35	35	10 <sup>b</sup>	62.7 $\pm$ 5.9 (NR)	NR	<1y 2 1-2y 6 2-5y 10 >5y 18	NR
Petterson, 2019	783	185	185	184	184	79 <sup>a</sup>	58.7 $\pm$ 9.2 (NR)	30.4 $\pm$ 4.6 (NR)	NR	K-L2 97 K-L3 88 <sup>a</sup>
Ravaud, 1999	128	28	28	22	22	10 <sup>a</sup>	63 $\pm$ 11 (NR)	29 $\pm$ 5 (NR)	NR	K-L2 7 K-L3 11 K-L4 10 <sup>a</sup>
Raynauld, 2003	68	34	34	33	33	13 <sup>a</sup>	63.3 $\pm$ 9.0 (NR)	NR	8.7 $\pm$ 6.8 (NR)	K-L2 22 K-L3 12 <sup>a</sup>

Study	Patients screened	Patients included	Knees included	Patients at F-U	Knees at F-U	Male/female	Age mean $\pm$ SD, (range)	BMI mean $\pm$ SD, (range)	Duration of OA mean $\pm$ SD (range)	Knee OA grade
Rossini, 2015	80	40	40	39	39	5 <sup>a</sup>	66.2 $\pm$ 5.5 (NR)	29.1 $\pm$ 4.3 (NR)	NR	NR
Salottolo, 2018	263	24	24	24	24	12 <sup>a</sup>	63.1 $\pm$ 8.6 (NR)	34.4 $\pm$ 7.9 (NR)	NR	NR
Scale, 1994	NR	40	40	40	40	20 <sup>a</sup>	58.6 $\pm$ 12.9 (NR)	NR	5.9 $\pm$ 6.5 (NR)	K-L2 16 K-L3 18 K-L4 6 <sup>a</sup>
Schwappach, 2017	55	20	20	19	19	7 <sup>a</sup>	61.4 $\pm$ 9.4 (NR)	28.7 $\pm$ 3.8 (NR)	NR	K-L2 0 K-L3 12 K-L4 8 <sup>a</sup>
Shrestha, 2018	171	NR	NR	60	60	23 <sup>b</sup>	67.1 $\pm$ 5.2 (NR)	NR	NR	NR
Smith, 2016	114	15	15	15	15	6 <sup>a</sup>	46.6 $\pm$ 9.4 (NR)	27.5 $\pm$ 4.8 (NR)	NR	K-L2 10 K-L3 5 <sup>a</sup>
Soltani, 2019	20	10	10	10	10	1 <sup>a</sup>	55.8 $\pm$ NR (NR)	28.9 $\pm$ NR (NR)	NR	NR
Strand, 2012	598	128	128	119	119	51 <sup>a</sup>	60.3 $\pm$ 10.0 (NR)	28.7 $\pm$ 3.8 (NR)	2.6 $\pm$ 3.4 (NR)	K-L1 18, K-L2 47, K-L3 63 <sup>a</sup>
Van Der Weegen, 2015	269	97	97	96	96	50 <sup>a</sup>	60.1 $\pm$ 10.1 (NR)	29.3 $\pm$ 4.7 (NR)	5.6 $\pm$ 7.5 (NR)	K-L1 27 K-L2 49 K-L3 18 <sup>a</sup>
Wobig, 1998	110	54	60	54	60	14 <sup>a</sup>	59 $\pm$ 3 (NR)	NR	6 $\pm$ 0.6 (NR)	Lersens1 4 Lersens2 22 Lersens3 28 lersens4 6 <sup>a</sup>

F-U: follow-up; SD: standard deviation; BMI: body mass index; OA: osteoarthritis; NR: non reported; <sup>a</sup>: referred to included patients; <sup>b</sup>: referred to follow-up patients

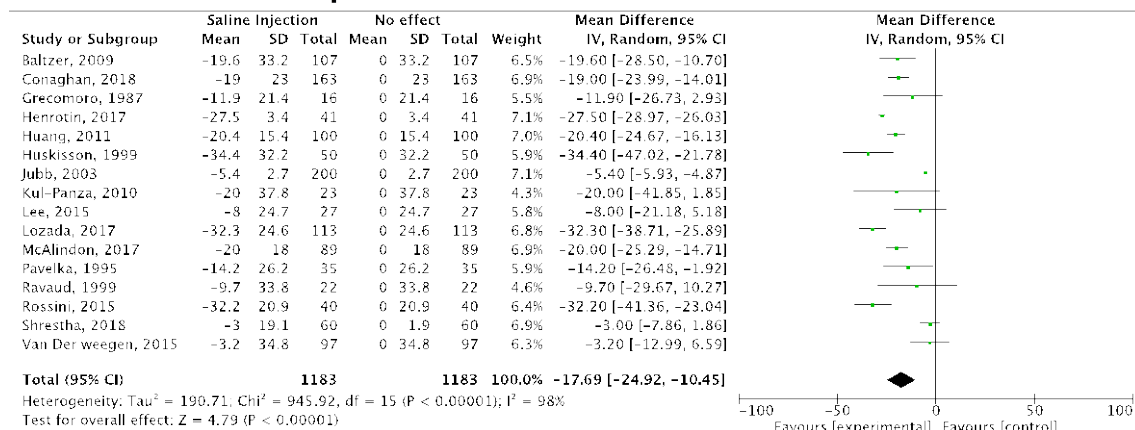
**sTable 2 Complications reported in the included studies**

<b>Complication</b>	<b>Overall frequency</b>
Pain	6.3% (185/2960)
Local irritation	3.5% (104/2960)
Swelling	1.0% (29/2960)
Effusion	0.9% (18/2960)
Stiffness	0.2% (7/2960)
Bleeding	0.2% (6/2960)
Non specified	2.7% (94/3518)

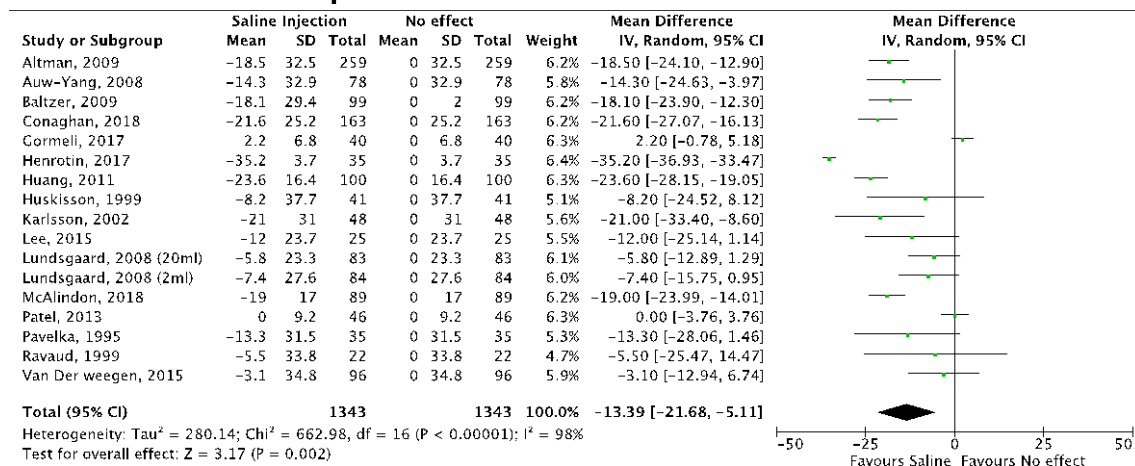
2960 is the overall number of patients in the studies providing detailed information on complications (34/50), 3518 is the overall number of patients in the studies reporting on complications (41/50).

# sFigure 1 Forest plot of the VAS score at the different follow-ups

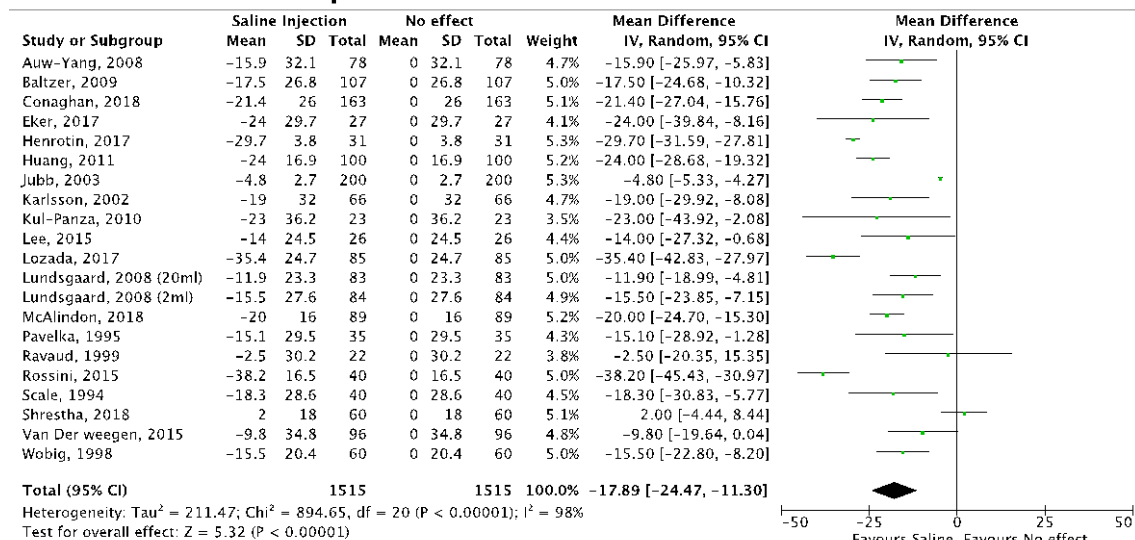
## VAS 1-month follow-up



## VAS 3-month follow-up

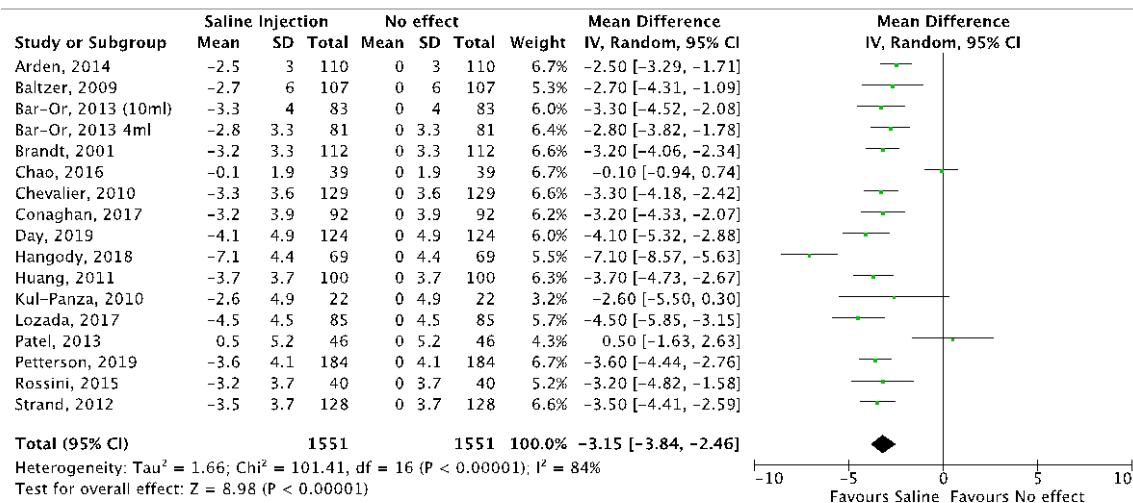


## VAS 6-month follow-up

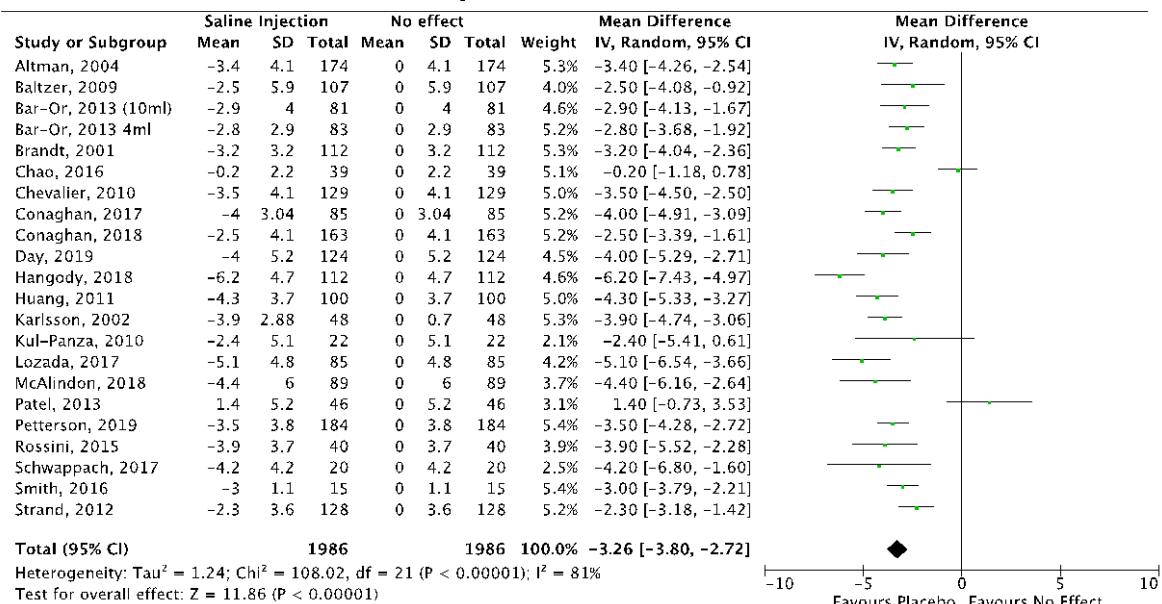


sFigure 2 Forest plot of the WOMAC-Pain score at the different follow-ups

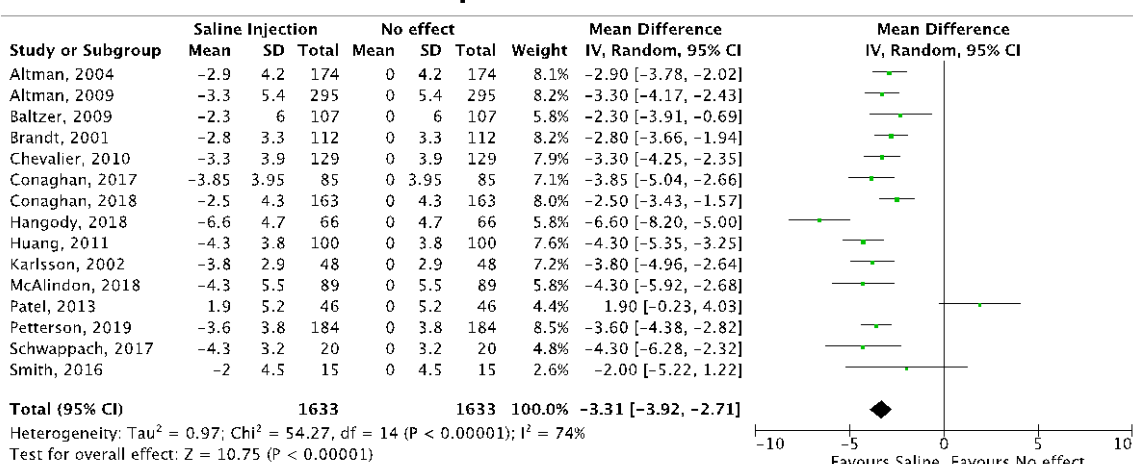
### WOMAC-Pain 1-month follow-up



### WOMAC-Pain 3-month follow-up



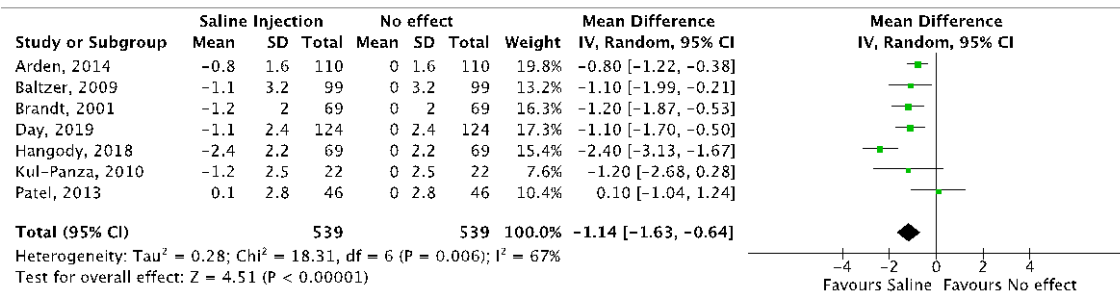
### WOMAC-Pain 6-month follow-up



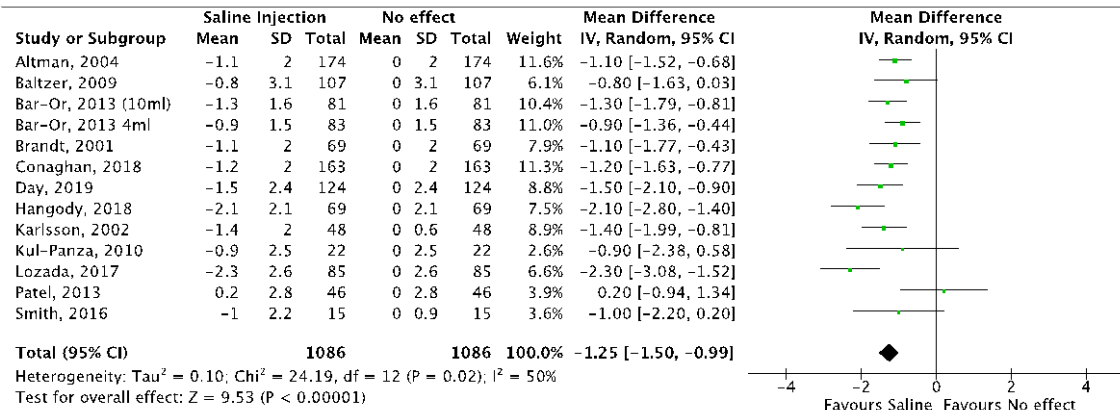


sFigure 3 Forest plot of the WOMAC-Stiffness score at the different follow-ups

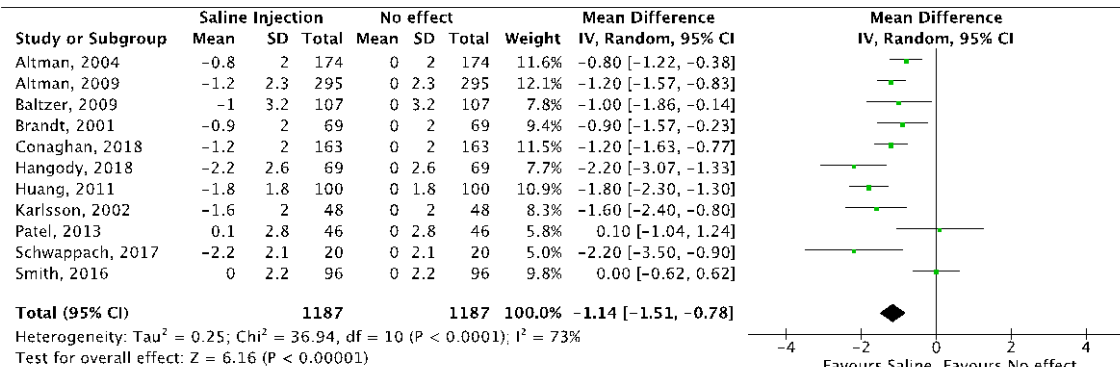
### WOMAC-Stiffness 1-month follow-up



### WOMAC-Stiffness 3-month follow-up

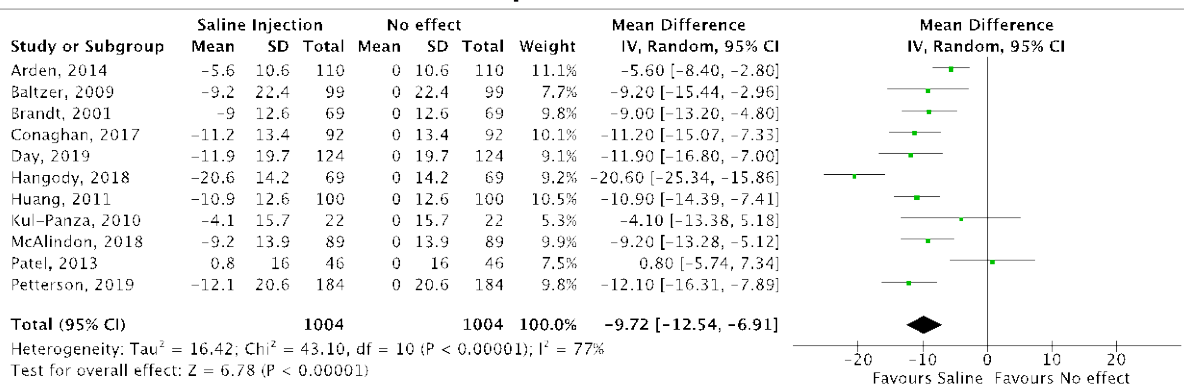


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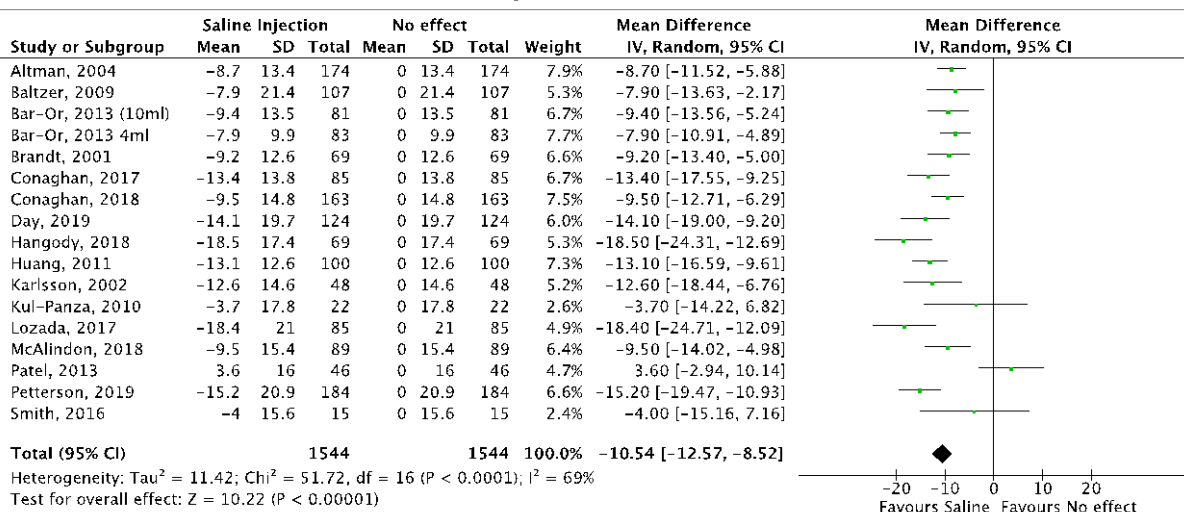


sFigure 4 Forest plot of the WOMAC-Function score at the different follow-ups

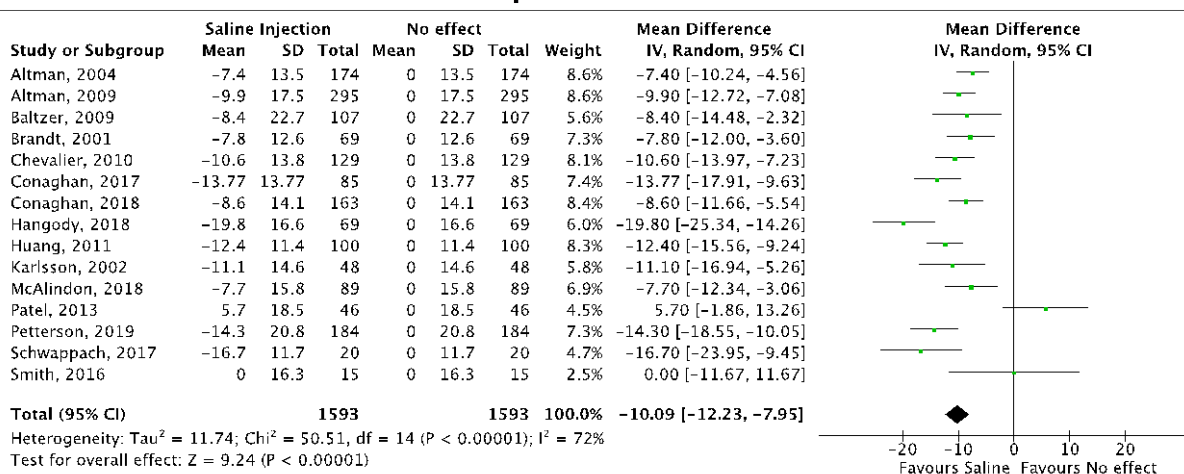
### WOMAC-Function 1-month follow-up



### WOMAC-Function 3-month follow-up

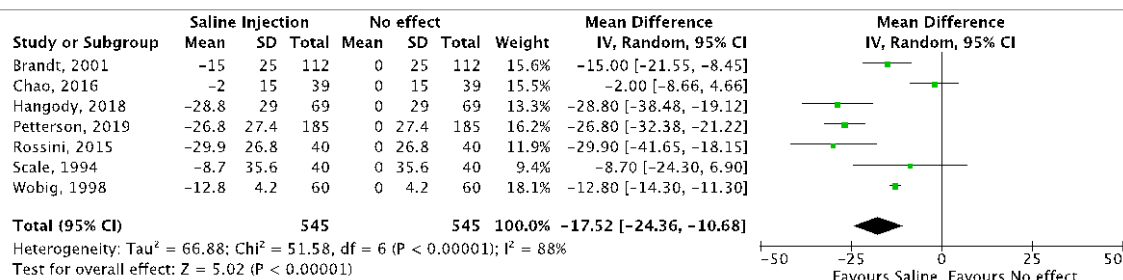


### WOMAC-Function 6-month follow-up



sFigure 5 Forest plot of the evaluator global assessment at the different follow-ups

### Evaluator global assessment 3-month follow-up



### Evaluator global assessment 6-month follow-up

