

Table I. *Exclusion criteria*

- Knee or hip osteoarthritis
- Knee instability
- Cartilage defects in the contralateral knee compartment or in the patellofemoral joint
- Previous surgical treatments to the chondral defect
- Systemic or local infections
- Coagulopathy or hematological diseases
- Neurological diseases
- Pregnancy
- Obesity (BMI > 30)
- rheumatic/immunological/neoplastic/metabolic diseases
- patients receiving immunosuppressive treatment or long-term corticosteroid therapy
- patients with Hb values < 11g/dL and platelet values < 150,000/mm³
- chondral defect larger than 2 cm²