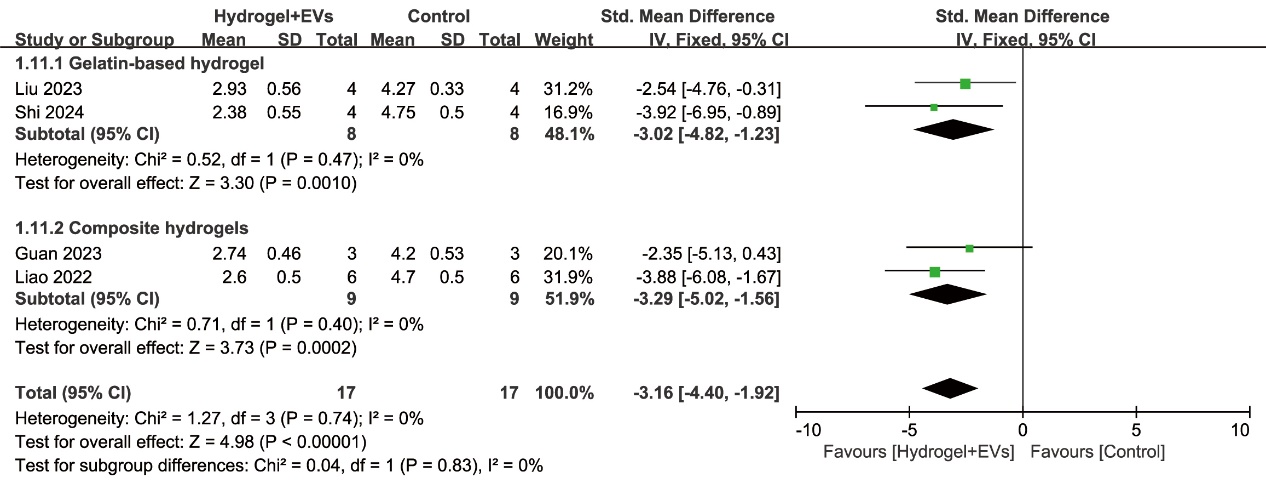
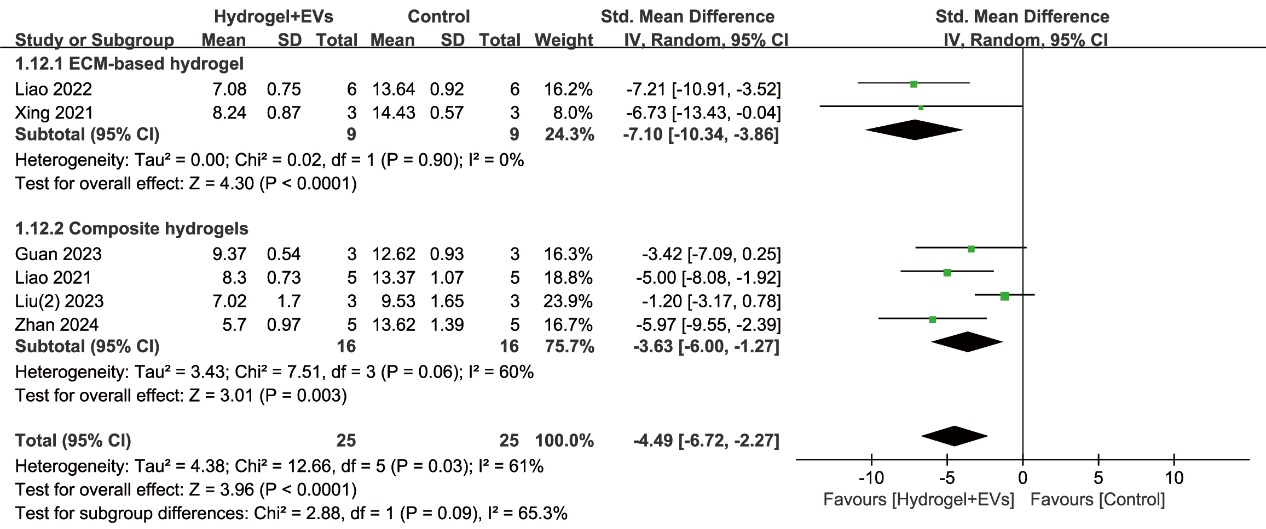
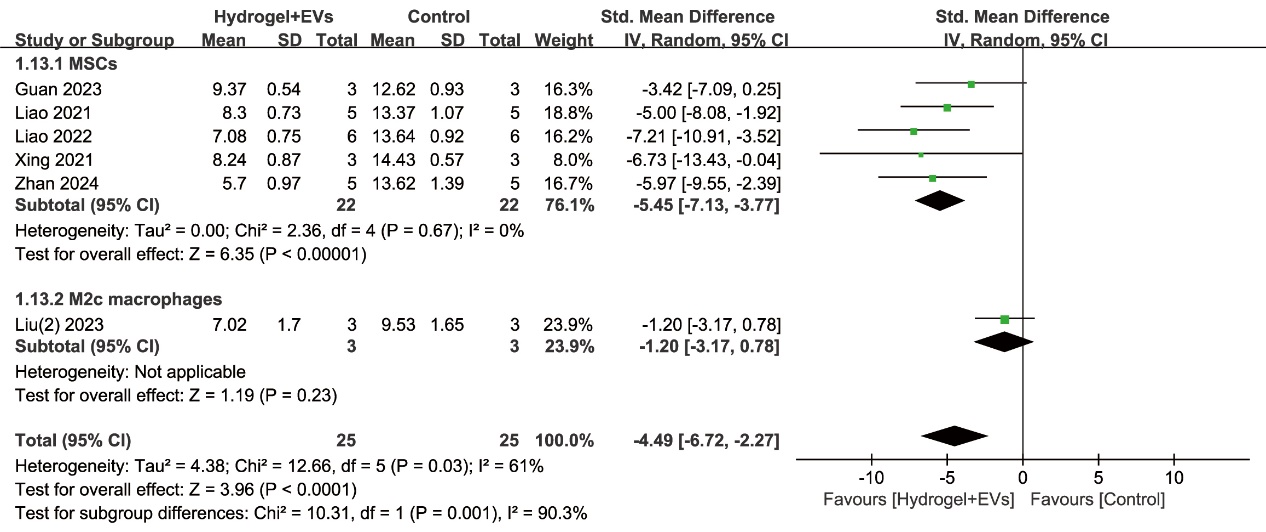
**Supplementary Material**



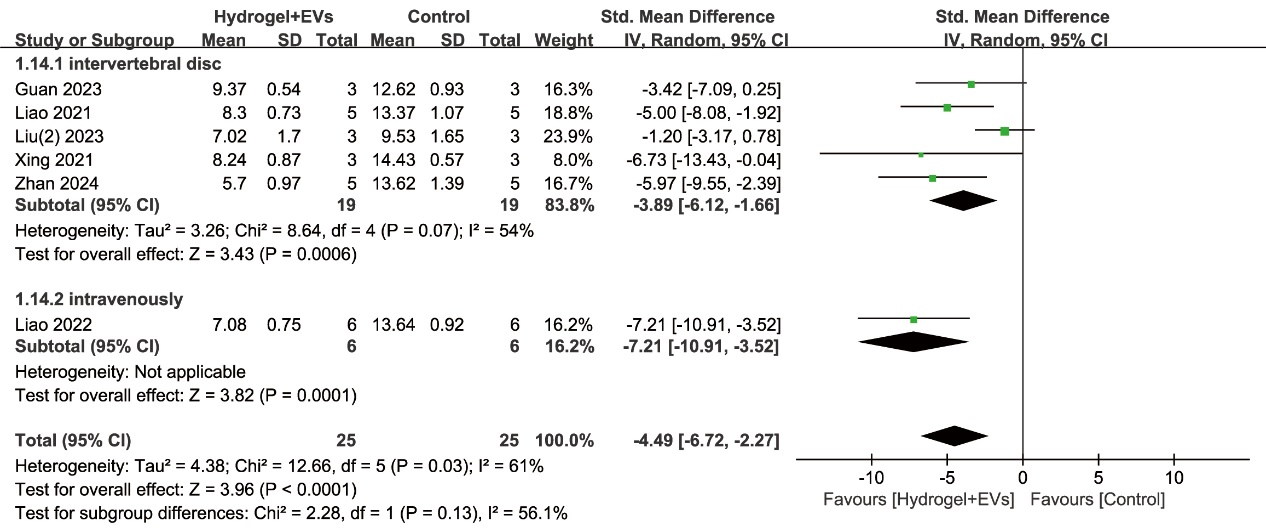
**Supplementary Figure 1**. Forest plot showing the effects of different types of EV-loaded hydrogels on MRI grade at 8 weeks.



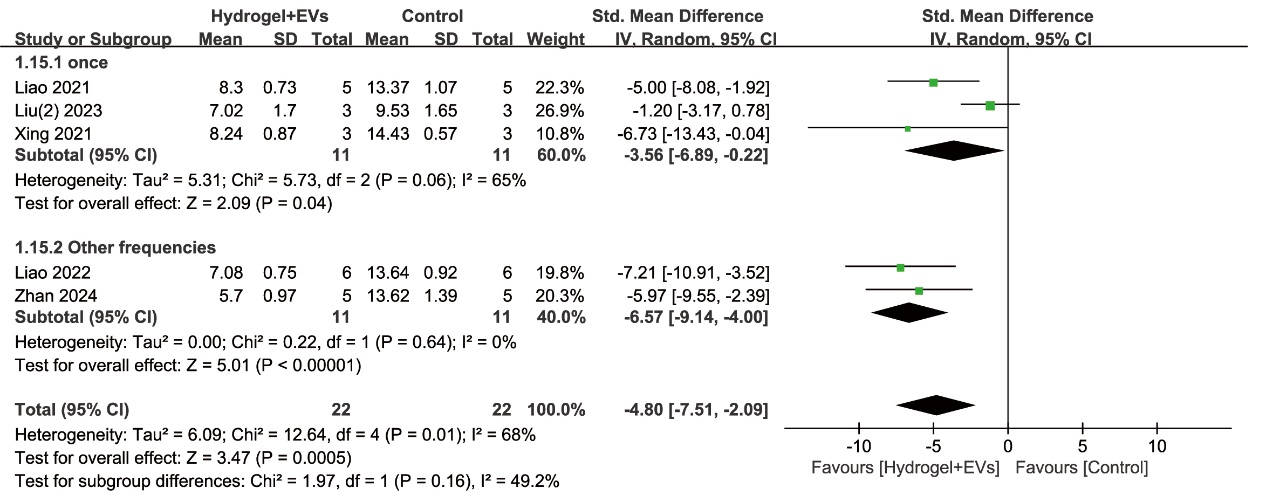
**Supplementary Figure 2**. Forest plot showing the effects of different types of EV-loaded hydrogels on histological grade.



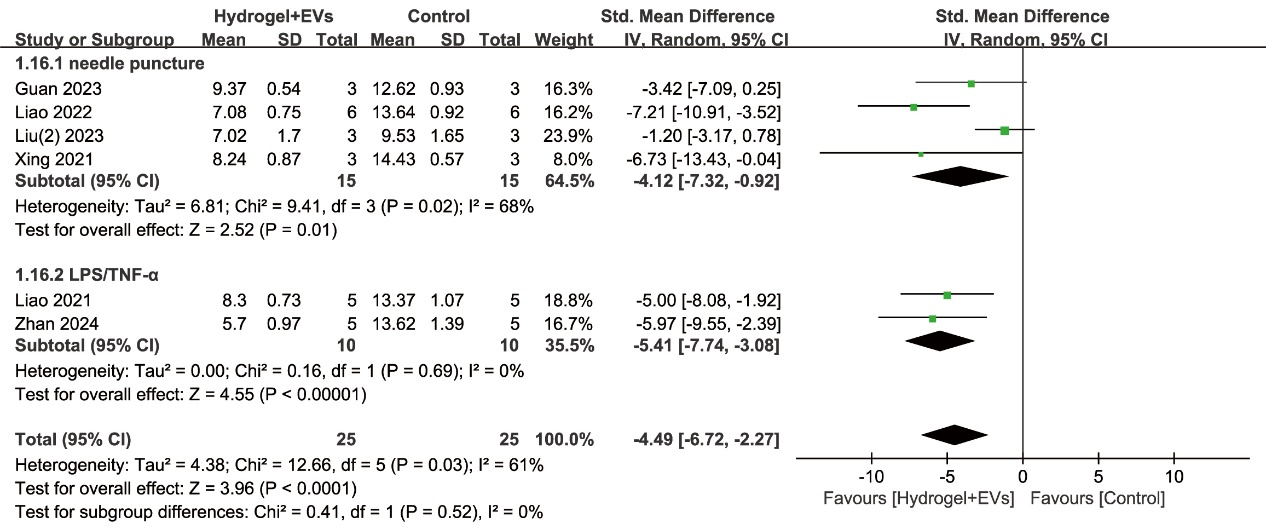
**Supplementary Figure 3**. Forest plot showing the subgroup analysis of the effects of EVs from different sources loaded in hydrogels on histological grade.



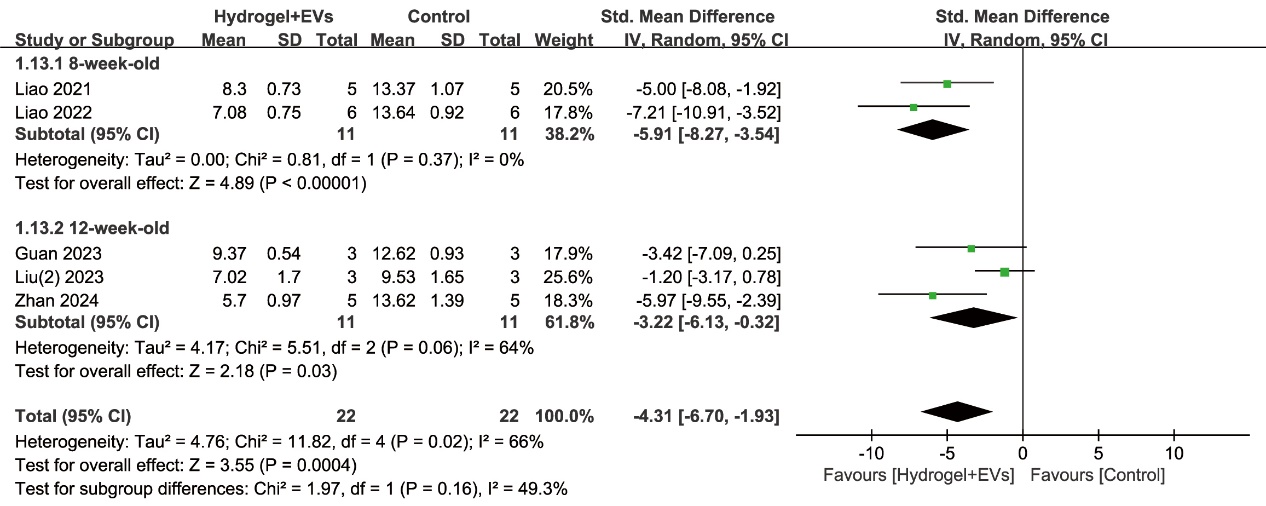
**Supplementary Figure 4**. Forest plot showing the subgroup analysis of the effects of different administration routes of EV-loaded hydrogels on histological grade.



**Supplementary Figure 5**. Forest plot showing the subgroup analysis of the effects of different intervention frequencies of EV-loaded hydrogels on histological grade.



**Supplementary Figure 6**. Forest plot showing the subgroup analysis of histological grade in animal models with different modeling methods.



**Supplementary Figure 7**. Forest plot showing the subgroup analysis of histological grade in animal models with different ages.