



## KNEE OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis. There are many treatment options available. Today, doctors recognize that osteoarthritis pain is caused by inflammation and wear and tear of the joint. Osteoarthritis (OA) of the knee is a result of the degeneration or breakdown of the articular cartilage tissue that covers and protects the bones in the joint. The space between the two bones in the knee, where cartilage used to exist, has narrowed and the bones may be rubbing together. This is often referred to as “bone on bone.”

The degeneration of osteoarthritis is often part of the normal aging process, or it can start early in adulthood if you injure your knee. The constant weight on you knees causes damaged cartilage to deteriorate rapidly, especially if you perform load-bearing work or activities. In many cases, obesity or extra weight on the knees can accelerate this degenerative process. One in five adults over the age of 45 has osteoarthritis of the knee, and most people have it by the time they retire. (Ossur/GII Canada)

## VISCOSUPPLEMENTATION

Doctors have found that the synovial fluid in patients with OA is weakened. This discovery has led to a whole new approach in the treatment of OA - a method that doesn't require surgery. It's called Viscosupplementation. For over a decade Viscosupplementation (Sodium Hyaluronate) has been used safely around the world as a safe and drug-free treatment for Osteoarthritis.

Viscosupplementation is injected in to the knee or hip replacing the lubricating and shock-absorbing properties of synovial fluid. This treatment is aimed at decreasing pain, improving

mobility and function and aiding in the return to normal activities. 3-6 months of improvement is considered to be a good result.

## PROCEDURE

The injections can be done by your family doctor or your referring orthopedic specialist. Contact your doctors office to schedule your injections.

## SINGLE INJECTION

Products such as Durolane, Monovisc, and Cingal are single injection treatments. Viscosupplementation injections can be purchased at OrthoHealth. We recommend that you purchase the injection a few days before the date of you procedure.

## SIDE EFFECTS

Minor pain, swelling, and/or joint stiffness localized in the joint. These reactions are quite common with all joint injections and is not statistically different from an injection with a saline placebo.

PRICES		
DUROLANE	3 ML SINGLE INJECTION	CONTACT STORE
MONOVISC	4 ML SINGLE INJECTION	CONTACT STORE
CINGAL	4 ML SINGLE INJECTION	CONTACT STORE