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## Knee Osteoarthritis - Synvisc joint injection

### Non/pre-operative management of knee pain at Australian Sports Doctors (ASD)

Experienced medical practitioners from ASD will assess you, discuss options for improvement of your knee pain and function, and answer your questions about:

- Muscle conditioning to balance the forces on the knee joint
- Weight management and knee load reduction, where appropriate
- Oral medications, steroid and PRP (platelet enriched plasma) injections into the knee
- Synvisc / hyaluronic visco-supplementation injection

If Synvisc is appropriate for you, an option is then provided to book for an injection into the knee joint space by Australian Sports Doctors or a medical imaging provider.

### What is Synvisc?

Synvisc is a synthetically created viscous hyaluron that mimics the naturally occurring joint lubricant (hyaluron) found in healthy young knees.

### How does Synvisc work?

Synvisc temporarily replaces key functions of the naturally occurring joint lubricant (hyaluron) and can stimulate any remaining cartilage and synovial (knee joint lining) cells to produce more natural joint lubrication - potentially for several months.

### Does Synvisc work for everyone?

Synvisc isn't suitable for everyone, but studies have indicated that people with early to moderate osteoarthritis may have an appreciable improvement in knee pain and function. Response rates vary between studies, and based on the degree of arthritis involved, but has been reported to be over 60%.

Synvisc is manufactured in cell lines taken from rooster combs, so cannot be administered to people with known allergy to eggs, poultry or feathers.

### How is Synvisc injected and what are the risks?

Synvisc One is a single syringe injected directly into the knee joint space by a medical practitioner via a needle of similar size and type used for routine blood tests. As with any injection, there is a small risk of bleeding or knee joint infection (said to be less than 1:100 in healthy people). Every effort is made to reduce the risk of infection, using antiseptics and sterile equipment. A temporary flare of stiffness, pain and swelling may occur but generally responds well to simple measures, such as paracetamol and ice packs. Improvement may be noticed within the first few weeks and may last 6-9 months.

### How much does Synvisc cost at AOSM?

To reduce costs to you we do not stock or sell Synvisc. Instead, we explain how you can order Synvisc directly from the pharmaceutical company, Sanofi. The cost of sourcing Synvisc directly is just under \$500 in 2018-19. The gap after Medicare for your initial consultation at Australian Sports Doctors is generally \$50 -100, depending on the duration of the consultation and other medical issues discussed. There is a subsequent injection gap fee of \$100 - so the vast majority of the cost is your purchase of Synvisc itself.

### How do I book an appointment?

You can book an appointment online at [www.sportsdocs.com.au](http://www.sportsdocs.com.au) via the white button over the 'running woman' on our main front page, or by calling (03) 9455 1112. Appointments are available 7 days per week, most weeks of the year. During your appointment, instructions are provided so that you can order Synvisc for delivery to Australian Sports Doctors – delivery usually takes less than a week.