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## Knee Osteoarthritis - Hyaluronan joint injection (Durolane/Synvisc)

### 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
- Hyaluronan visco-supplementation injection (Durolane/Synvisc)

If Hyaluronan 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 Hyaluronan?

Durolane and Synvisc are synthetically derived clear viscous gels that contain high a concentration of hyaluronan – a naturally occurring joint lubricant found in healthy young knees.

### How does Hyaluronan injection work?

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

### Does Hyaluronan work for everyone?

Hyaluronan may not be 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 some have reported response in 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, whereas Durolane is non-animal synthetically derived.

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

A single syringe is 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 Hyaluronan injection cost at AOSM?

To reduce costs to you sell Durolane or can provide a prescription to order and purchase the product through your local pharmacy. The cost of sourcing hyaluron (Durolane) directly is \$540 (July 2021). The gap after Medicare for your initial consultation at Australian Sports Doctors is generally \$60 -100, depending on consultation duration and other medical issues discussed. There is a subsequent procedural injection gap fee of \$130 - so the vast majority of the cost is your purchase of Hyaluronan 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 Mondays - Fridays, and seasonal weekends of the year.