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## Knee Osteoarthritis – Hyaluronic acid 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 improve balance of 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
- Hyaluronic acid visco-supplementation injection (Durolane or Synvisc)

If hyaluronic acid injection 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 hyaluronic acid?

Durolane is a synthetically created or derived, viscous hyaluronic acid that mimics the naturally occurring hyaluronic acid that acts as a joint lubricant found in healthy young knees.

### How does hyaluronic acid work?

Hyaluronic acid is a naturally lubricant occurring in health joints that can be decreased in joints with osteoarthritis. Injection of hyaluronic acid into a joint with osteoarthritis temporarily replaces low levels and can stimulate any remaining cartilage and synovial (knee joint lining) cells to produce more natural joint lubrication - potentially for several months.

### Does hyaluronic acid work for everyone?

Hyaluronic acid injection 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, whereas Durolane is non-animal synthetically derived.

### How is hyaluronic acid 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 hyaluronic acid injection cost at ASD?

To reduce costs to you we can supply Durolane at a cost of \$525 or provide a prescription to purchase from your local pharmacy. The gap fees following Medicare rebate for your initial consultation at Australian Sports Doctors are published under FAQs on our website, and depend on the duration of the consultation. There is a subsequent injection gap fee of \$155 - so the vast majority of the cost is your purchase of the hyaluronic acid 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 home page, or by calling **(03) 9455 1112**. Appointments are available Mondays – Fridays, and seasonal weekends of the year.