

Physiotherapy Matters –

Ostenil® Injections Blog Article

Treatment for the Management of Osteoarthritis

At Physiotherapy Matters we offer Ostenil® injections as a treatment of Osteoarthritis, administered on-site by one of our clinical specialist physiotherapists.

Ostenil® injections are designed to treat the symptoms of Osteoarthritis. Injections can be administered in the knee, shoulder, ankle, thumbs, big toes, or any other joints that are classified as 'synovial.'

What is a synovial joint?

A synovial joint is one in which the ends of the bones are joined together and enclosed in a capsule containing a thick, slippery liquid called synovial fluid. Joints which can be classed as synovial include shoulders and knees.

The four main functions of synovial fluid are:

- To keep bones slightly apart, protecting their cartilage coverings from wear and tear.
- To absorb shock, protecting the cartilage.
- To lubricate the joint, helping it to work freely and easily.
- To act as a filter, allowing for nutrients to reach the cartilage and preventing the passage of harmful cells and substances.

The most important component of synovial fluid is a substance called hyaluronic acid, which allows for synovial fluid to perform all four of these important functions at the same time.

What is osteoarthritis?

Osteoarthritis is the most common form of arthritis in the UK. Knees, shoulders and small joints in the hand and feet are the most frequently affected areas but osteoarthritis can occur in any synovial joint in the body.

Hyaluronic acid, vital to the performance of the synovial joints, is continuously being broken down and replaced in our bodies. Normally, there is an exact balance between the breakdown of old hyaluronic acid and the production of new acid but in osteoarthritis, this balance is disrupted, and breakdown happens faster than production. As a consequence, synovial fluid becomes more watery and stops working effectively in protecting the joint.

Over time, this change in synovial fluid can cause the cartilage in the joint to gradually wear away and causes the symptoms of osteoarthritis – pain, swelling and stiffness.

Osteoarthritis is a condition that causes joints to become stiff and painful. It often makes carrying out everyday activities particularly difficult for those who suffer from it.

Ostenil® injections – what are they and how can they help?

Ostenil® injections consist of a solution containing Sodium Hyaluronate, commonly referred to as HA. The injection needs to be administered, by a fully qualified practitioner, into the space in the joint that contains synovial fluid. It works by restoring the normal balance between the breakdown and production of hyaluronic acid within the joint. The effect is that it can decrease pain and stiffness and improve the other symptoms of osteoarthritis.

There is much evidence that show that hyaluronic acid injections are effective in reducing pain and improving function in osteoarthritic joints (please see list below).

Further evidence from Cochrane reviews (internationally recognised as the highest standard in evidence-based health care) has concluded that these types of injections are effective treatments for mild to moderate knee osteoarthritis.

For the full review, please visit

http://www.cochrane.org/CD005321/MUSKEL_viscosupplementation-for-the-treatment-ofosteoarthritis-of-the-knee.

What can I expect from this treatment?

Ostenil® injections are injected directly into the joint affected by osteoarthritis. You will receive one injection if Ostenil® Plus is injected or one injection a week for three weeks if Ostenil® Standard or Mini (for smaller joints) is injected. After each injection, you're advised not to exercise for 24-48 hours. It is recommended that you start with the course of Ostenil Standard or Mini and Ostenil Plus is commonly used as a top up injection when effects of the course of 3 start to reduce over a 9–18-month period.

While the benefits from the injections might not be immediately noticeable, you will gradually experience a reduction in pain and stiffness and this improvement will likely persist for several months, depending on the progression of the degenerative change in the joint being treated, usually between 9-18 months.

Once the effects of the final course of injections wear off, you can choose to have another. For top up injections, you may prefer to try Ostenil® Plus injections, which is a single injection.

Are there any side effects?

Thousands of patients have received Ostenil® treatment and it has not been found to cause any serious side effects. There is a very small risk of infection as with any injection and patients may occasionally complain of post injection pain, which may last for a day or two.

Testimonials

Paul received Ostenil® injections over a 3-week course in each knee and had an Ostenil® Plus as a top-up in each knee 10 months later. "I did a fair bit of research and decided Ostenil would be worth a try to help with osteoarthritis in my knees. The cost in this clinic also made it a more affordable treatment than those I could receive locally, despite me living 1.5 hours away. I had a telephone consultation with Neeraj prior to my first visit, and he then gave a thorough consultation before proceeding with a course of 3 injections to each knee, with a week between each. 4 weeks after the last injection I am feeling the benefit and feeling much more positive. It's great to have spent recent days without any significant pain. It's been a pleasure to visit the friendly staff at Physiotherapy Matters. I will certainly be returning for a booster injection whenever required.

10 months later -

The first course certainly worked well. Mostly pain free and able to get back to walking and cycling longer distances. As I was warned, the positive effects would last for around 9 months and then I might choose a top up. Indeed, the effects wore off and after 9 months I thought it was time for a top-up. After a telephone consultation with Neeraj, I visited the clinic again and opted for the single Ostenil plus injection. This one might take up to 5 weeks to work. But after nearly 2 weeks I am starting to feel the benefit.

A pleasure to visit the clinic again.

Terry Mullen, a patient at Physiotherapy Matters Gosforth, who has received the Ostenil® injections for osteoarthritis in his knee states: "The Ostenil® injections have enabled me to resume quite hard training including 'fell running' and cycling. Overall, Ostenil® has allowed me to walk without pain, which I had prior to the last injection and playing golf has much improved as I have no pain in my knee. Generally, Ostenil® has allowed me to continue my sporting interests with a degree of intensity I thought was impossible given the prognosis after my knee scrape/arthroscopy; it is not a cure, but it is certainly a good step in the right direction."

John, a 51-year-old gentleman from Westerhope has received three Ostenil injections over the last 2 years. "I was diagnosed with osteoarthritis in my right ankle in 2007 after a football injury that happened in 1996. I have exercises that I complete twice daily for my ankle to help the movement. I had heard about the Ostenil injections online and decided to try them for the first time in 2014. I had my first injection in June 2014 and completed a 12-mile Tough Mudder in Aug 2014. Last year I had an injection in March 2015 and completed the Coast-to-Coast 140-mile cycle in May 2015. The main benefit that I have from receiving the injections is a big reduction in pain when walking etc. The movement of the ankle also improves but it is important to complete the exercise programme daily."

Am I suitable for Ostenil® injections?

For further information and to discuss your suitability for treatment, call Physiotherapy Matters on 0191 285 8701.

List of extra evidence:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4621876/>

<https://onlinelibrary.wiley.com/doi/10.1111/hae.14639>