

Physiotherapy Matters –

Ostenil® Injections Blog Article

Pioneering new treatment for osteoarthritis now available

We are delighted to announce that Physiotherapy Matters now offers the pioneering treatment of Ostenil® injections, administered on-site by our clinical manager, Nick Livadas.

Ostenil® injections are designed to treat the symptoms of osteoarthritis. Injections can be administered in the knee, hip 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 hips 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, hips and small joints in the hand 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 properly.

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. 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.

Our clinical manager, Nick Livadas, who is registered to give these injections to patients on-site at Physiotherapy Matters, says;

“I have several years’ experience of administering injections into joints of patients affected by osteoarthritis. I’ve found Ostenil® treatment to be particularly effective for osteoarthritis, as an alternative to steroid injections.

“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. It’s unfortunately not a treatment that is offered by the NHS but I am finding increased numbers of people asking me to administer these injections after hearing the success stories from others.”

For the full review, please visit

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

What can I expect from this treatment?

Nick continues;

“Ostenil® injections are injected directly into the joint affected by osteoarthritis. You will receive one injection a week for three weeks. After each injection, you’re advised not to exercise for a couple of days.

“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 up to nine months, depending on the progression of the degenerative change in the joint being treated.

“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 one-off 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

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.