



Is the treatment covered by medicare?

Yes, the treatment is approved by medicare as well as other primary and supplementary health plans.

Does it help other kinds of arthritis?

Most other kinds of arthritis are inflammatory in nature, so hyaluronate does not help because it is not an anti-inflammatory.

Who should not have hyaluronate shots?

If you are allergic to feathers, eggs, or poultry, you should consult your family doctor before an injection is given.

Doctors at The Florida Knee and Orthopedic Centers have first-hand knowledge about hyaluronate because they were chosen to participate in the United States studies done in 1985.

The FDA approved hyaluronate for orthopedic use in 1997.



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Lubricating Injections

Good News for Bad Knees



The Florida Knee
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GOOD NEWS FOR BAD KNEES



Although there is no cure for osteoarthritis, the good news is a treatment which restores a lubricating, pain-relieving substance called hyaluronate back into the knee joint. It is the first major breakthrough in 20 years for treating arthritis knee pain.

What is hyaluronate?

It is a natural substance produced by every joint in the body. In healthy joints, it is a thick fluid with the consistency of egg whites that coats the cartilage surfaces so they can move smoothly. It also acts as a shock absorber, protecting the cartilage and underlying bone.

In osteoarthritis, there is less hyaluronate and it is so thin and watery it can no longer lubricate and cushion the joint. This is a major cause of pain felt in the knee, hip or shoulder.

How does it work?

A purified mixture of hyaluronate is injected into the knee joint through the side of the knee. By injecting directly into the knee capsule, the fluid coats the cartilage surfaces so they can move smoothly against each other and the pain-relieving substance is concentrated in the knee, not scattered throughout the body.

Who benefits from this new treatment?

It benefits people who do not get adequate relief from simple pain killers or physical therapy.

It also can be particularly helpful when anti-inflammatory medicines are ineffective, are causing too many side effects, or are interfering with other medicines. And because hyaluronate acts locally, you'll probably be able to continue taking any other medicines your doctor has prescribed.

How long before I get relief and how long does it last?

For most people, an injection relieves pain for an average of 6 – 12 months.

Pain relief is not immediate but usually takes place after the third or fourth day. It is best to take anti-inflammatory and/or pain medicine until the hyaluronate provides relief.



Hyaluronate is injected into the joint capsule through the side of the knee.

What should I do after a shot?

During the first 24 hours after each injection, it is best to avoid strenuous or prolonged weight-bearing activities such as jogging, tennis, heavy lifting or standing on your feet for a long time. Any temporary swelling responds well to ice packs on the injection site for 10 minutes three times a day.

Is there a limit to how many injections I can have?

No. Your body does not build up a resistance to hyaluronate or become sensitive to it because it is so similar to the natural substance produced by your own body. After the pain-relieving effects wear off, repeat injections can be given, usually 6 months apart.

Are there side effects?

As a natural substance, not medicine or drug, there are remarkably few reactions. Some redness, bruising, heat, or swelling may occur around the injection site... similar to what some people experience after any kind of an injection. In almost all cases, these are mild reactions and they do not last long.

