

Your Guide to Arthrosamid

A non-surgical option for knee osteoarthritis

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Arthrosamid is a newer treatment for the pain of knee osteoarthritis, and it suits people who want to avoid or delay surgery, or for whom surgery is not the right choice at the moment. This guide explains what it is, who it tends to help, and what having it involves, so you can weigh it up calmly.

What it is

Arthrosamid is a hydrogel, a soft water based gel, that is injected into the knee joint. Rather than being absorbed and wearing off like some injections, it stays in the joint and integrates with the lining, helping to cushion and calm the worn, painful surfaces. It is given as a single injection in clinic.

Who it tends to help

It is designed for people with osteoarthritis of the knee, particularly those with ongoing pain who have already tried measures such as painkillers, exercise or physiotherapy without enough relief. It can be a sensible option if you are not ready for a knee replacement, if surgery carries extra risk for you, or if you simply want to try a less invasive route first. Mr Oni will examine your knee and review your X-rays to tell you honestly whether it is likely to help in your case.

What having it involves

The injection is a clinic procedure rather than an operation. There is no general anaesthetic and no surgical cut. The knee is cleaned, the gel is injected, and most people walk out shortly afterwards and are back to normal activities within a day or two. It is usually well tolerated. Some people notice short lived swelling or discomfort in the days afterwards, which settles.

What to expect afterwards

Arthrosamid does not work instantly. The benefit tends to build over the weeks that follow, and studies have shown relief lasting well beyond a year for many people. It is not a cure for arthritis and it does not rebuild the joint, but for the right person it can take the edge off the pain and help you stay active for longer. If it helps and the effect eases in time, the injection can usually be considered again.

An honest word

No single treatment suits everyone, and Arthrosamid is not a substitute for a replacement when a knee is truly worn out. Mr Oni will give you a straight view of your options, including doing nothing for now, so that you can choose what feels right for you.

Good to know: Arthrosamid is one option among several. If you would like to compare it with the alternatives for your knee, that is exactly what a consultation is for.

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This guide gives general information and is not a substitute for the personalised advice of Mr Oni and your physiotherapist. If you are worried about your symptoms or your recovery, please contact the practice.