

# What is Osteoarthritis?

Osteoarthritis is a degenerative joint disease characterised by the breakdown of joint cartilage and underlying bone, typically leading to pain and stiffness, especially in the hip, knee, and thumb joints.



## Symptoms of Osteoarthritis



**Pain that worsens after activity or toward the end of the day.**



**Joint stiffness, particularly in the morning or after resting.**



**Swelling or tenderness in one or more joints.**



**A feeling of grating or hearing cracking or popping sounds when the joint moves.**



**The formation of bone spurs, which are extra bits of bone that can feel like hard lumps.**



**Decreased flexibility or range of motion in the affected joint.**

## Treatment Options



### Hyaluronic Acid Injections

When you have knee osteoarthritis, there may not be enough hyaluronan in your knee joints and the quality may be lower than normal. Viscosupplementation adds hyaluronan to your knee joint, acting as a lubricant and shock absorber in the joint.



### Combination of HA and Steroid Injection

A corticosteroid and HA combination treatment is a single intra-articular injection that provides quick pain relief of a corticosteroid, with the long-term pain relief of a viscosupplement. The result is fast and sustained pain relief.

## HA Injection Gel

The HA Injection Gel is a superior viscoelastic sterilised solution based on biofermented sodium hyaluronate for intra-articular supplementation and replacement of the synovial fluid in several joints.

- Impressive pain relief and improvement in joint function
- For all synovial joints
- Delays the cartilage degeneration process
- High hyaluronic acid concentration
- High molecular weight
- Optimum viscoelastic properties

**HA Gel 2ml 2.2% (3 Shot Regime)** **\$350 Per Shot**

**HA Gel 4.8ml 2.5% (Single Shot)** **\$800**

## Book an appointment today!



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