



## Interventional Pain Management in Osteoarthritis



### Mechanisms of Action

Euflexxa<sup>®</sup> is a synthetic copy of hyaluronan, a viscous and elastic substance found in normal synovial joint fluid. It is injected directly into the joint to improve joint function and works in the following ways:

- Lubrication and shock absorption.
- Anti-inflammatory actions.
- Analgesic properties.
- Stimulates production of normal, non-inflamed joint fluid.
- Protects residual cartilage within the joint.

**Euflexxa<sup>®</sup> can be used in the knee, hip, ankle and foot, as well as the shoulder, elbow, wrist and base of thumb.**

Euflexxa<sup>®</sup> has been shown to have improved efficacy in a non-swollen and less inflamed joint, so it is recommended to have any excess fluid in the joint removed and treated with cortisone 2 - 4 weeks prior to commencing treatment. A referral for ultrasound and aspiration of the joint effusion can be included with your Euflexxa<sup>®</sup> referral from your doctor.

### The Treatment

- A series of 3 injections performed 1-2 weeks apart.
- Performed under sterile CT guidance by one of our doctors.
- Takes 10 - 15 minutes and patients can drive afterwards.
- Avoid activities that exacerbate or worsen the joint symptoms during the first 48 hours following the injection.
- The maximal effect is seen 8-weeks after the first injection.
- Beneficial effects can extend beyond 6-months and the treatment can be performed twice a year.

### Side Effects and Risks

- Transient joint swelling or stiffness.
- Bruising or mild-moderate temporary pain at the injection site.
- Infection is rare. If fever develops with joint pain, swelling, redness and warmth in the week following an injection, you should immediately contact your doctor and Imaging @ Olympic Park.
- If you have any other concerns regarding the treatment, please contact reception.

Euflexxa<sup>®</sup> is recommended for use in symptomatic osteoarthritis by the International Osteoarthritis Research Society, European League Against Rheumatism, American College of Rheumatology (American Arthritis Foundation) and European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis (ESCEO).