

MSK Doctors

Specialised in the management of joint and muscle pain.

Bone, Joints & Cartilage Experts



Hyaluronan (HA) injection is a treatment for Osteoarthritis that can help to reduce pain and stiffness in your joints.

How does it work ?

Some joints, like the knee, hip and shoulder are enclosed in a capsule which is filled with synovial fluid.

- HA keeps the bones slightly apart, protecting their cartilage coverings from wear and tear.
- HA absorbs shocks, again protecting the cartilage.
- HA lubricates the joint, helping it to work freely and easily.
- HA acts as a filter, letting nutrients reach the cartilage, but blocking the passage of harmful cells and substances.

Hyaluronan is the most important substance in synovial fluid and is continuously broken down and replaced. Normally, there is a balance between the Hyaluronic Acid that is broken down and the production of new Hyaluronan. In patients with osteoarthritis, this balance is disturbed, and breakdown happens faster than production, which leads to the gradual wear of cartilage in the joint. This can cause pain, stiffness and swelling of the joint.

MSK Doctors offers Hyaluronan injection into joints that can help to restore the normal balance between the breakdown and production of Hyaluronic Acid.

What kind of conditions can Hyaluronan treat?

Hyaluronan can be used to treat a range of common Orthopaedic conditions such as tendon issues, arthritis and sports injuries. It can also be used as a carrier to be combined with other active ingredients such as P.R.P, Steroids and even cells. There are many types of HA on the market and all have different properties, MSK Doctors will help you choose the most appropriate option for you. It is advisable to take joint specific collagen supplements for three months to maximise its effects.



Hyaluronan can be made from animal sources or synthetically produced. MSK Doctors only use synthetic HA which has good scientific evidence.

HA injections can be divided into 3 doses or combined as a single injection. Depending on the treatment goals, indications and symptoms, biological substances can be combined.



Local anaesthetic will be administered to the injection site. The injection process should take around 20 minutes to complete with MSK Doctors.

What can I expect after the procedure?

- **Pain** - You may experience some pain and swelling or bruising at the site of injection for two to three days following the injection. A compression support shoud be worn for the first day or two and ice packs can be used to reduce inflammation.
- **Exercise** - You should avoid strenuous activity for at least a week following your injection to allow your body time to get used to it. Sport specific collagen supplements can help to make the effects last longer.
- **Work** – You may return as soon as you feel able - usually within 24 hours after the injection. If your job involves manual work, stay off work for a few days.
- **Driving** – It is not advisable for you to drive immediately following the procedure. You may resume driving when you feel comfortable, usually within two to three hours after your injection.

What are the possible risks and complications?

- Infection at the site of the injection.
- An increase in inflammation and pain at the site of the injection.
- Bleeding and/or bruising.
- No relief or worsening of symptoms.
- Allergic reaction to the local anaesthetic drug.
- Failure to achieve successful result.
- Injury to the nerves or blood vessels.
- Prolonged stiffness and/or pain.

If you require further information about risks or complications, please discuss with your consultant. Please do not undertake the procedure if you do not fully understand the above.

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