

Understanding your Arthrosamid® treatment



Move Freely,
Live Fully

Long-lasting, proven pain relief for
knee osteoarthritis — without surgery.^{1,2}

ARTHROSAMID®

What is Arthrosamid®?

Arthrosamid® is a cutting-edge injectable hydrogel that delivers long-lasting, proven pain relief for knee OA^{1,2} — improving your quality of life without surgery.^{2,6,7}

Arthrosamid® is administered via a simple, one-step procedure performed under local anaesthesia by a qualified physician familiar with joint injections⁴ — ensuring you're in and out of the clinic the same day.



The next steps of your Arthrosamid® treatment journey

This leaflet details everything you need to know about your treatment procedure and what you can expect both immediately afterwards and longer term.

Please make sure you read this in full. If you have any questions after your treatment, please speak to your Arthrosamid® physician.

What should I expect during the procedure?

Arthrosamid® is singularly injected into your knee's synovial cavity where it distributes within the synovial fluid and begins to stick to and mesh with the synovial tissue.³

Before treatment with Arthrosamid®, you will have a local anaesthetic to numb the area around your knee. You will also be given antibiotics ahead of this to protect you from any potential risk of infection.



Step 1: Your knee will be cleaned prior to treatment.

Steps 2 & 3:

Arthrosamid® is then singularly injected into your knee's synovial cavity. This might be performed with the help of ultrasound.



Step 4: The needle is then removed and a plaster is placed over the injection site.



What should I expect immediately after treatment with Arthrosamid®?

- Following the procedure, you may be allowed to leave the clinic immediately, or you may wish to rest until you feel ready to go.
- Your knee may start to feel uncomfortable as the anaesthetic wears off, but many patients do not report any discomfort.^{1,2,5}
- If you do feel discomfort, symptoms may include mild to moderate pain and/or swelling at the injection site.⁴ If your knee becomes red, hot, largely swollen or more painful, you should immediately contact your Arthrosamid® physician for treatment.
- You should continue your regular medication and pain killers as normal.
- Please note, receiving Arthrosamid® may feel like a different sensation to other treatments that you have previously experienced as it is more viscous than other injectables.^{1,6}

What are the side effects?

Clinical trials report there were no serious side effects following treatment with Arthrosamid®. The most commonly reported side effects were joint pain and a sensation of joint swelling, which were mostly mild in severity and lasting days to weeks.^{5,7}

The overall safety profile of the injectable hydrogel has been established over the last 20 years with its use for various indications in the body.⁸

Should I be having physiotherapy whilst I recover from the treatment?

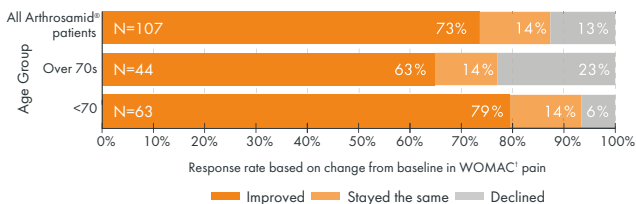
Structured rehabilitation will aid recovery following your treatment with Arthrosamid®. Please discuss this with your clinician.

Resources for rehabilitation are also available free of charge on the Arthrosamid® website.



**Treatment with
Arthrosamid® remains safe and
effective^{6,9} for its intended use five
years after single injection.²**

Responder rates by age



Patients in the **under 70 years** group reported close to **80% positive response rate** following treatment with Arthrosamid[®].⁸

What should I expect in the long-term, following treatment with Arthrosamid[®]?

Supported by more than two decades of research⁸, Arthrosamid[®] is suitable, safe and effective^{6,9} for any patient with knee OA — and is proven to maintain a significant, long-lasting^{1,2} reduction in knee OA pain even five years post-treatment.²

When will I begin to feel less pain?

You are likely to feel some pain relief within 24 hours; however, it can take four to twelve weeks to feel the maximum benefit. Clinical data shows that most patients start to feel an effect within a few weeks.⁷

When can I go back to normal activity?

As with any invasive joint procedure, it is recommended to avoid strenuous activity (e.g. tennis, jogging or long walks) during the first few weeks after the injection and begin rehabilitation activities when possible.

It is important to bear in mind that there is no cure for osteoarthritis but successful treatment with Arthrosamid[®] may reduce or relieve your knee pain. You should also bear in mind that your knee osteoarthritis may not improve and, in some cases, may get worse.

To date, thousands of patients have been treated with Arthrosamid® in more than 220 clinics across Europe.⁸

FAQs

Can I receive another treatment if the effect of the first treatment wears off — and if so, after what period of time?

Whilst trials have not been conducted to show treatment effect, future treatments with Arthrosamid® are not contraindicated and can be discussed with your doctor or physician.

Can I receive Arthrosamid® treatment in both my knees?

Yes, it is possible to have both knees treated with Arthrosamid® but your physician is best placed to decide the time period before the treatments.

Do I need to tell any healthcare providers about my treatment?

If in the future you require a major surgical or dental procedure, you should tell your treating physician that you have an Arthrosamid® injectable implant in your knee to ensure an accurate medical assessment.

Please speak to your Arthrosamid® physician for information about indications, expected results, contraindications, warnings, precautions and potential complications. In case of complications, you should contact your Arthrosamid® physician immediately for treatment.

More information is available from www.arthrosamid.com or info@arthrosamid.com.

References: **1.** Bliddal, H., et al. (2024) 3 year follow-up from a randomized controlled trial of intra-articular polyacrylamide hydrogel injection in subjects with knee osteoarthritis. *Osteoarthritis and Cartilage*. Vol 32 (6): 770-771; **2.** Bliddal, H., et al. (2025) A Prospective Study of Polyacrylamide Hydrogel Injection for Knee Osteoarthritis: Results From 5 Years After Treatment. Presented at WCO-IOF-ESCEO 2025; **3.** Christensen, L., et al. (2016). Histological Appearance of the Synovial Membrane after Treatment of Knee Osteoarthritis with Polyacrylamide Gel Injections: A Case Report. *Journal of Arthritis*. Vol (5): 217; **4.** Arthrosamid®, Instructions For Use. Release Date March 2022. 10082-003; **5.** Overgaard, A., et al. (2019). Safety of intra-articular polyacrylamide hydrogel for the treatment of knee osteoarthritis symptoms: A retrospective case series. *Clin Ortho Adv Res. Osteoarthritis and Cartilage*. Vol 30(1): S370-71; **6.** Bliddal, H., et al. (2024). Polyacrylamide gel versus hyaluronic acid for the treatment of knee osteoarthritis: a randomised controlled study. *Clin Exp Rheumatol*. Vol 42(9):1729-1735; **7.** Bliddal, H., et al. (2021) Polyacrylamide Hydrogel Injection for Knee Osteoarthritis: A 6 Months Prospective Study. *J Orthop Res Ther*. Vol 6 (2). 1188. ISSN 2575-8241; **8.** Data on file; **9.** Bliddal, H., et al. (2024) Effectiveness and safety of polyacrylamide hydrogel injection for knee osteoarthritis: results from a 12-month follow up of an open-label study. *J Orthop Surg Res*. Vol 19: 274.