



# Patient Journey



When 72-year-old Maria from North Perth underwent knee surgery 25 years ago to repair torn cartilage after she twisted her knee at home, she thought her knee pain was resolved.

Despite doing well post surgery, Maria's knee pain progressively got worse over time. She returned to her orthopaedic surgeon ten years ago, and was booked in for a partial knee replacement.

Although Maria wanted her knee pain to disappear, she did not wish to undergo further surgery, with the prospect of having additional surgery a short time later for a full knee replacement.

'I am a widow, and live by myself – if I had to have surgery, it would be difficult for me to recover independently and I would have to rely on others to assist me during the post operative phase'.

She therefore continued with physiotherapy, undertook a hydrotherapy program three times per week, and continued with anti-inflammatory medication.

Her physiotherapist recommended that she consider an injection into her painful knee, which would replace the damaged joint synovial fluid with a

substance similar to healthy joint fluid in order to reduce pain.

Maria consulted a specialist and discussed her desire to avoid knee surgery. After undergoing an assessment, Maria received her first injection six years ago.

'As a dedicated Consultant Sport & Exercise Medicine Physician based in Inglewood WA, I have treated a large cohort of patients with viscosupplementation over several years now, and like Maria, have observed significantly improved overall clinical outcomes. For the right patient, the treatment has the potential to either substantially delay surgery or at least allow them to carry out their activities of daily living with less pain as well as improved function'.

'There is no pain at all receiving the injection which is performed via an ultrasound', Maria said. 'Following two days of avoiding anything strenuous, I can then resume my normal activities'.

On average, the effects of the treatment last between six and twelve months.

'I noticed a difference in my knee two months post treatment, which is within a normal timeframe'.

Maria received four injections within the first two years since receiving the initial injection and had six in total. She is able to claim from her private health care provider one treatment per year.

'For me, the injection provided me with an option to avoid surgery and to be pain free. It also allowed me to reduce my use of anti-inflammatory medications, and return to climbing stairs and walking normally'.

**'I have managed to continue to live independently and my knee pain does not stop me from going about my daily living'.**

Maria continues her hydrotherapy classes twice a week – mainly for the exercise and social aspect, and only sees her specialist when she feels her knee pain is returning.

If you would like to know more about this type of treatment for knee pain, speak with your General Practitioner or Specialist..