

Arthrosamid® Hydrogel Injection

What is Arthrosamid®?

- Arthrosamid® is an injectable, non-biodegradable hydrogel (2.5% polyacrylamide) designed to act as a long-lasting cushion within the knee joint lining, reducing pain and improving function in osteoarthritis.
- It integrates into the synovial tissue of the knee over several months, creating a soft, stable buffer that helps decrease joint irritation and mechanical stress.
- Arthrosamid® is approved in Canada as a medical device for the symptomatic treatment of adult patients with knee osteoarthritis.
- The injection is performed under ultrasound guidance to ensure the hydrogel is placed accurately in the knee joint and to maximize safety.

What conditions can Arthrosamid® help?

- Symptomatic knee osteoarthritis in adults (typically mild to moderate, or moderate–severe where surgery is not yet desired or appropriate).
- Persistent knee pain from osteoarthritis in patients who have had limited or short-lived benefit from other injections such as corticosteroid or hyaluronic acid.

What to expect after treatment?

- Some patients notice early improvement in pain and mobility within the first 3–4 weeks, while others experience a more gradual change over several months. Maximal benefit is often seen around 3–4 months as the hydrogel fully integrates into the joint lining.
- Mild post-injection soreness, warmth, or a feeling of fullness in the knee is relatively common in the first few days and usually settles on its own.
- A temporary flare of increased knee pain or stiffness can occur but is typically short-lived and manageable with simple measures.

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How can I treat post-procedure pain?

- You may use Tylenol (acetaminophen) and/or NSAIDs (ibuprofen, naproxen, etc.) if these are safe for you based on your other conditions and medications.
- Icing the knee, elevating the leg, maintaining good hydration, and doing gentle range-of-motion exercises as tolerated can help ease discomfort and support recovery.

What should I avoid after treatment?

- Avoid strenuous activities such as running, heavy gym workouts, hiking, soccer, or skiing for about 1–2 weeks after the injection to allow the joint to settle.
- Avoid prolonged standing, deep knee bends, or high-impact activity in the first few days; gradually increase activity back toward your baseline as symptoms allow.
- Avoid soaking the knee (hot tubs, baths, pools) and unnecessary touching of the injection site for the first 24 hours to reduce infection risk.

How many treatments will I need?

- Arthrosamid® is designed as a single-dose treatment: one 6 mL injection into the affected knee.
- Many patients experience sustained pain relief and functional improvement for at least 2–3 years, and often longer.
- A repeat injection may be considered if symptoms gradually return over time; this is decided on an individual basis rather than planned as a routine series.

What are the risks?

- Arthrosamid® has an excellent 20 year safety profile. It has been available in Canada since 2025, but has been used in Europe and other countries for many years.
- Infection: As with any joint injection, infection is a rare but potentially serious complication. If your knee becomes red, hot, very swollen, or increasingly painful, please contact our office or seek urgent medical care. If you develop these symptoms along with fever, sweats, or chills, go to the closest emergency department.

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- Temporary flare reaction: A short-term increase in knee pain, swelling, or stiffness can occur after injection. This usually improves over days to weeks with rest, ice, and simple pain medication.
- Lightheadedness or nausea: These can occur around the time of the procedure (often related to the injection process itself) and generally resolve quickly.
- Other rare risks: Bleeding, allergic reaction, or persistent inflammation are possible but uncommon; long-term follow-up has not shown concerning device-related complications.

How can I improve my chances of long-term benefit?

- Engage in a structured rehab plan. You can choose to work with our rehab team, another therapist, or use an at-home program focusing on strengthening, joint mobility, and gait mechanics to support the knee and optimize your results.
- Maintain a healthy body weight, stay active within your comfort zone, and address contributing factors such as muscle weakness, poor movement patterns, or unstable footwear. These strategies help reduce ongoing joint stress and may enhance the durability of your pain relief.