



Hyaluronic Acid Injections

What is a Hyaluronic Acid (HA) Injection?

Hyaluronic Acid is a substance that is similar to the fluid in the joint to help *lubricate* and cushion the joint. HA (aka *Visco-supplementation*) injections are a treatment option for patients with *knee arthritis*. Typically, HA injections are reserved for patients who continue to have pain despite traditional treatments, including Acetaminophen, NSAIDs, or corticosteroid injections. HA injections are most effective for *mild or moderate* arthritis and less effective in patients with severe arthritis. Popular brands of HA include: *Durolane, Monovisc, Synvisc, Euflexxa*, etc. HA appears to be safe in other joints but is only FDA approved for the knee.



Does insurance cover HA injections?

Insurance coverage for HA injections is variable. I recommend contacting your insurance company directly to inquire about coverage. Many insurance companies require *Special Authorization* and may require patients to fail other conservative treatments, like Physical Therapy, NSAIDs, and corticosteroid injections. Our office can initiate the Special Authorization process.

How can I get the most out of my HA injection?

The effectiveness of HA injections can vary from person to person. Patients that do the following things seem to have the best results with HA injections:

- Weight loss: helps decrease the amount of pressure on your joints and can help alleviate pain.
- Physical Therapy: Help strengthen the muscles that stabilize the joint and provide support.
- Low-impact exercise