

A stylized illustration of a person in a running pose. The person's body is semi-transparent, revealing the internal skeletal structure. The joints, including the shoulders, elbows, wrists, hips, knees, and ankles, are highlighted with a bright orange and yellow glow, indicating areas of focus or treatment. The background is a solid dark blue.

# ArthroHyal<sup>®</sup>

Inject

*Life in  
Motion*



**Osteoarthritis Treatment with  
Hyaluronic Acid Injections**

Patient Brochure



## *What is Osteoarthritis?*

- Osteoarthritis is the degeneration of cartilage in the joint. It is the most common joint disease worldwide.
- As the disease progresses the damage to joint cartilage can lead to considerable joint pain.
- The mobility of the joint can be severely reduced.

### *First signs of Osteoarthritis:*

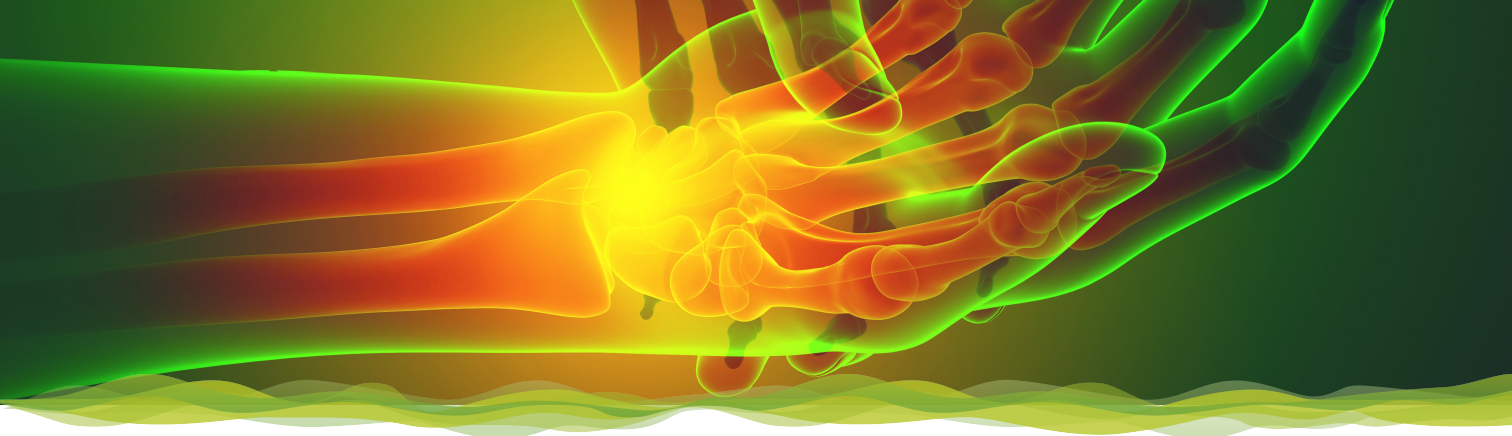
- Joint pain on initial movement
- Grating in the joint
- Limited mobility
- Pain when stressing the joint
- Inflammation and swelling

## *Is Osteoarthritis a question of age?*

- Osteoarthritis does not only occur with advancing age. Young people can also suffer from early joint degeneration.
- Excessive joint stress, instable joints and hereditary factors can lead to premature Osteoarthritis progression.
- The causes of non age related Osteoarthritis can also be due to the individual person's lifestyle.

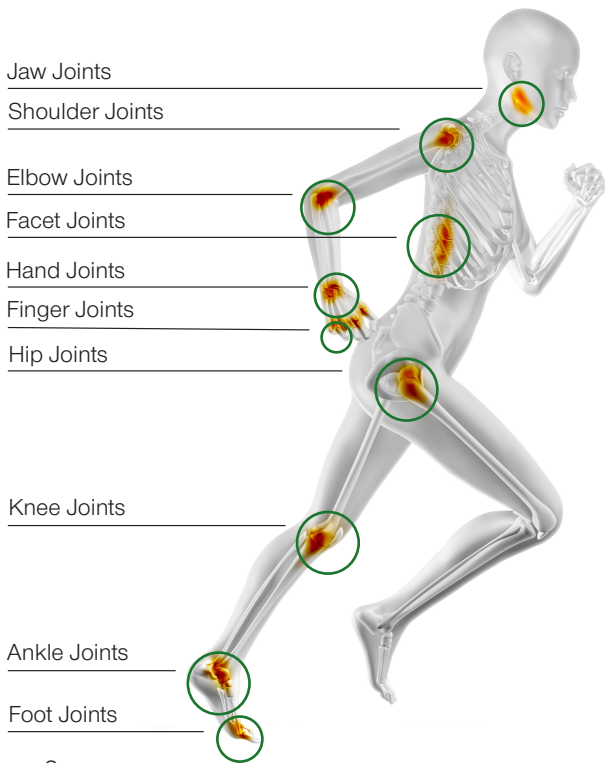
### *Common risk factors:*

- Lack of movement
- Obesity
- Differential joint load
- Joint injuries and misalignment
- Hereditary factors



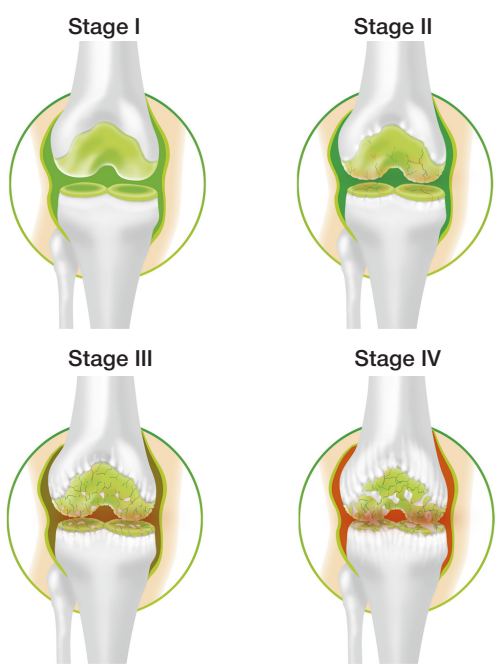
# *Which joints can be affected by Osteoarthritis?*

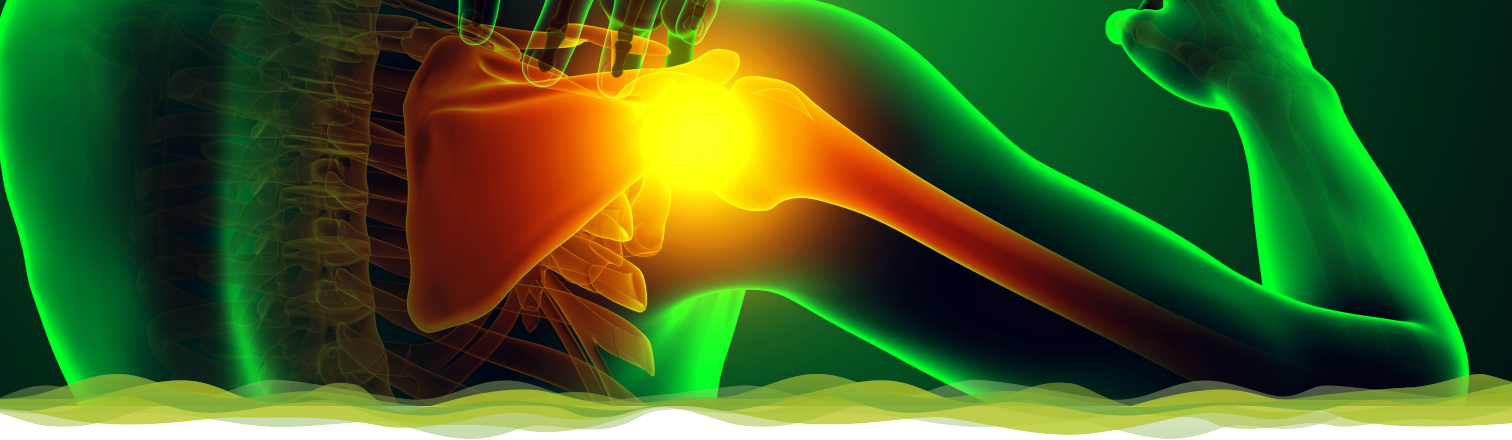
Osteoarthritis can occur in all synovial joints.



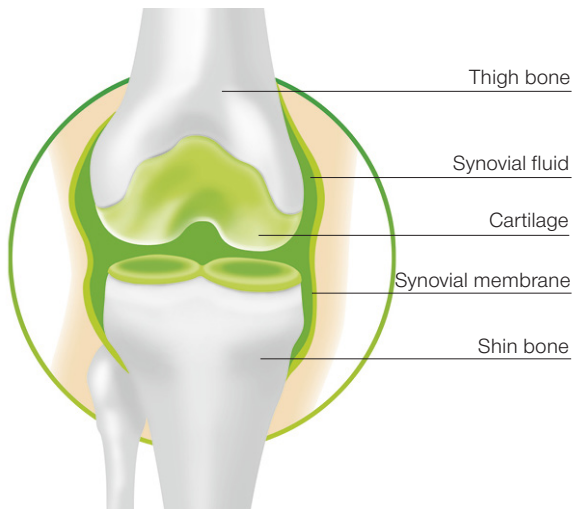
# *What are the four stages of Osteoarthritis?*

Osteoarthritis can be classified into four different stages. According to these stages the doctor can categorize the degree of severity and propose an individual and appropriate treatment.

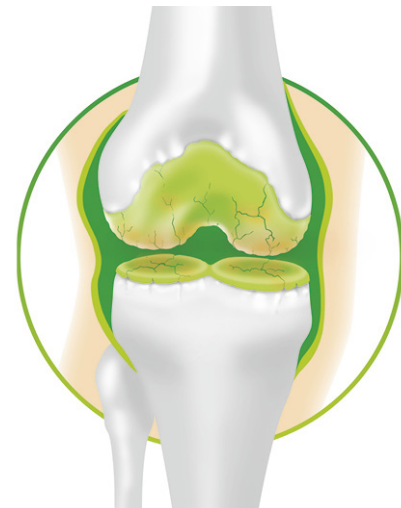




## *Stage I*



## *Stage II*



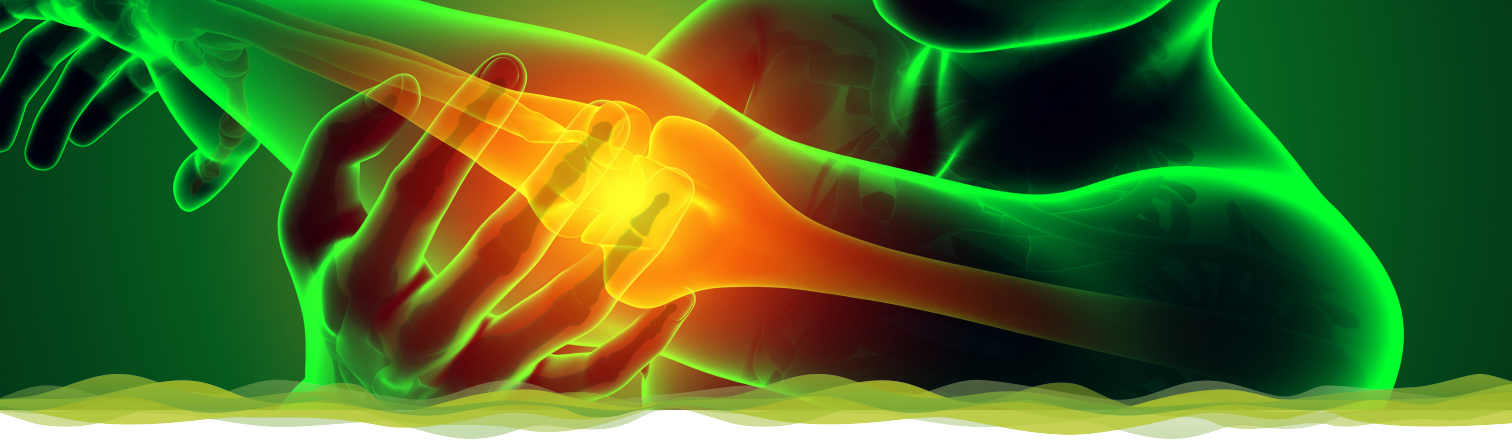
### *Early Osteoarthritis*

- Barely noticeable cartilage damage
- Slight reduction in joint flexibility
- Little pain

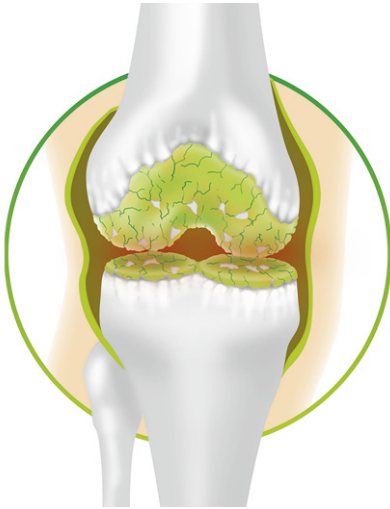
### *Noticeable Osteoarthritis*

- Cartilage surface raw and fibrous
- First limitations of mobility
- Perceptible pain





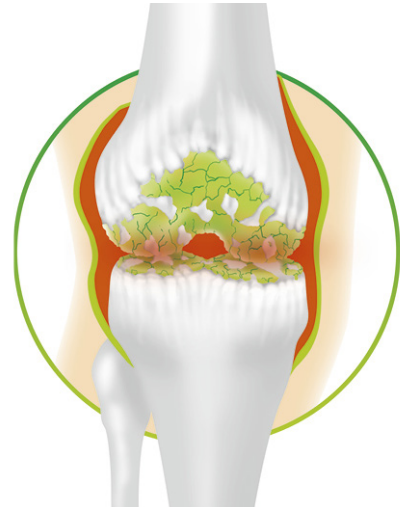
### *Stage III*



#### *Advanced Osteoarthritis*

- Severe cartilage damage
- Limited mobility
- Middle to severe pain

### *Stage IV*



#### *Final stage Osteoarthritis*

- Extreme cartilage degeneration
- Complete loss of movement
- Unbearable pain



## *What is the role of synovial fluid?*

- Synovial fluid (joint fluid) serves as the lubrication and shock absorption of the joint.
- It also supplies the cartilage with important nutrients.
- Synovial fluid ensures the elasticity of the cartilage and the unlimited movement of the joint.
- In the case of Osteoarthritis the amount of synovial fluid and its lubrication properties are reduced.

### *Synovial fluid and Hyaluronic Acid:*

- Hyaluronic Acid is a significant constituent of the synovial fluid.
- The quality and amount of the synovial fluid are considerably reduced in the case of Osteoarthritis.

## *Can injections with Hyaluronic Acid help?*

- Hyaluronic Acid can substantially improve the quality and amount of the existing synovial fluid.
- Injected Hyaluronic Acid increases the elasticity of the cartilage and improves the mobility of the joint.
- **Arthro Hyal Inject** offers two differently dosed intra-articular Hyaluronic Acid injections which will give your doctor a choice of treatment options.

### *Osteoarthritis treated with Hyaluronic Acid:*

- Increases the elasticity of the cartilage
- Improves the mobility of the joint
- Reduces the pain



## ArthroHyal<sup>Inject</sup> One-Shot

Only 1 Intra-articular Injection per Cycle  
**- 1 Syringe of 4.8 ml -**  
 High Content: **120 mg** Sodium Hyaluronate  
 in a sterile pre-filled Syringe  
**Medical Device**



120 mg Sodium Hyaluronate



2.5 % Intra-articular

- Designed for the **knee joint**
- Impressive **reduction of pain**
- **Only 1 Injection** per cycle
- **Duration of effect:** Up to 12 months
- **Non-allergenic**, fermented sourced Hyaluronic Acid
- **Improves the viscoelastic properties** of synovial fluid

## ArthroHyal<sup>Inject</sup>

Only 3 Intra-articular Injections per Cycle  
**- 1 Syringe of 2.0 ml -**  
 High Content: **44 mg** Sodium Hyaluronate  
 in a sterile pre-filled Syringe  
**Medical Device**



44 mg Sodium Hyaluronate



2.2 % Intra-articular

- For all **synovial joints**
- Impressive **reduction of pain**
- **Only 3 Injections** per cycle
- **Duration of effect:** Up to 12 months
- **Non-allergenic**, fermented sourced Hyaluronic Acid
- **Improves the viscoelastic properties** of synovial fluid





## *What can you do additionally?*

- Move about as much as you can, but without overloading the joints. In this way you can strengthen and stabilize your joints.
- Suggested way to move the joints are for example swimming, walking or biking.
- Watch your weight and pay attention to a healthy diet.
- In all cases you are strongly advised to consult with your doctor first.

### *Additional Osteoarthritis counter measures:*

- Movement and toning of muscles
- Weight reduction
- Optimization of your diet

## *Dietary supplementation with ArthroLine*

**ArthroIntense<sup>®</sup>** Tabs



100 % Vegan Nutrient Complex  
- **Monthly Pack with 60 Tablets** -  
High-dose Glucosamine and Chondroitin with Vitamin C and Copper

Glucosamine Hydrochloride 1200 mg

Chondroitin Sulfate 600 mg

Vitamin C 80 mg

Copper 0.5 mg



**ArthroIntensePlus<sup>®</sup>** Liquid



100 % Vegan Bi-Phase Liquid  
- **Monthly Pack with 28 Vials** -  
High-dose Glucosamine and Chondroitin with Hyaluronic Acid, Vitamin C and Copper

Glucosamine Hydrochloride 1200 mg

Hyaluronic Acid 50 mg

Chondroitin Sulfate 600 mg

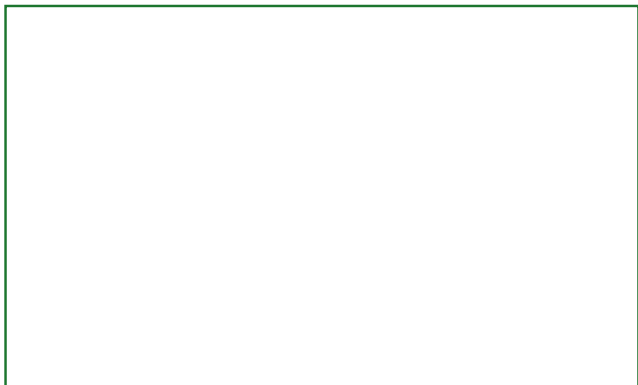
Vitamin C 80 mg

Copper 0.5 mg





# ArthroHyal<sup>®</sup> Inject



Practitioner Stamp



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