

Ugo Monye Visits Finchley Rugby Club to Celebrate the Six Nations and Educate VETS Team on Game-Changing Treatment



LONDON, UK (4th March 2026): *With the Six Nations in full swing, Contura Orthopaedics hosted an event at Finchley Rugby Club last night to educate veteran players on their knee health and discuss England's upcoming Six Nations match.*

Based in North London, a stone's throw from where England captain Maro Itoje grew up, over 30 rugby players, from Finchley Rugby Club's women's and VETS team, attended a special training session to perfect their footwork and discuss injuries with advice and tips from former England winger and Arthrosamid® patient, Ugo Monye.

Rugby has long been valued for its longevity as a sport that can be played well into later life. Across local clubs and leagues worldwide, players of varying ages continue to take the field, adapting their style of play as their bodies change over time. With proper strength and conditioning, recovery, and sensible management of injuries, rugby can evolve alongside you.

Led by Finchley Rugby Club coaches, the session focussed on how playing rugby can impact the knees, with players getting involved in specific skill zones to relieve knee tension and reduce the risk of knee injury. The session also included an educational talk from Dr. George Bownes, discussing his involvement in Arthrosamid® and how the product can benefit individuals in their quest for long-lasting knee pain relief.

Monye had an illustrious rugby career between 2002 and 2015 but has suffered from significant knee pain since retirement. Looking to relieve his pain, Ugo was first treated with Arthrosamid® in November 2024 by Dr. George Bownes. Within six-eight weeks

post-treatment, Ugo started experiencing positive results, with his pain now under control, allowing him to return to the gym, play different sports, and stay active. Ugo and Dr. George Bownes' attendance at Finchley Rugby club served as an opportunity to engage with and educate the sports community on the long-term health benefits Arthrosamid® can have for individuals experiencing knee pain.



Arthrosamid® is a cutting-edge injectable hydrogel implant that delivers long-lasting, proven pain relief for knee Osteoarthritis — improving people's quality of life without surgery and enabling people to stay active well into their later years. As one of Arthrosamid®'s targeted audiences is retired athletes, the event aimed to shine a light on a medical product that would offer Finchley Rugby Club VETS team a real alternative to surgery.

Speaking on the event at Finchley Rugby Club, Ugo said: "It's been fantastic to spend time with the women's team and VETS team at Finchley Rugby Club, sharing a bit of advice from my own experience - especially around listening to your body, training smart, and taking recovery just as seriously as performance.

"Being able to talk openly about the relief Arthrosamid® has given me, while encouraging people to look after their knee pain for the long-term, has been really meaningful. If it helps one person realise, they don't have to just 'push through' the pain, then it's been worthwhile."

Rakesh Tailor, CEO of the Contura Orthopaedics, added: "We're grateful to everyone at Finchley Rugby Club for creating the perfect setting to have meaningful conversations about long-term knee health. It is a privilege for us to spend time with the VETS team, sharing insights into long-lasting knee pain relief solutions and discussing practical ways to support recovery both on and off the pitch.

"With both Ugo Monye and Dr George Bownes in attendance, we were able to facilitate an event that combined education, awareness, and partnership in a way that truly benefited athletes and the wider sporting community."

For further information about the Arthrosamid® treatment and to find your nearest clinic, visit [here](#).

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Notes to editors

About Arthrosamid®

Arthrosamid® is a first in-class synovial implant delivered as a single, delivered as a single, minimally invasive outpatient procedure performed under local anaesthesia with or without ultrasound guidance.¹ It provides significant reduction in knee OA pain over a longer period with one single treatment.^{2,3} Arthrosamid® integrates within the tissue lining of your knee joint, softening and increasing the elasticity of this tissue leading to clinically proven decreased joint stiffness and pain, and improved knee function.^{4,5,6}

You can find out more about Arthrosamid® here: <https://arthrosamid.com/>

References:

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2. 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.
3. 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.
4. 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.
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