ARTHROSAMID®

# *Stop pain getting in the way*



## Lasting Relief for Knee Osteoarthritis[1,2]

A proven, one-step treatment that's safe, simple, and without surgery.[3-5]

Scan to find your nearest clinic
**arthrosamid.com**

**arthrosamid.com**
**info@arthrosamid.com**

contura
ORTHOPAEDICS

# *Where are you on your knee OA journey?*

**Knee osteoarthritis (knee OA) doesn't happen overnight**

It builds over time. Understanding the grade you are at can help you make sense of your symptoms — and what treatment options are available to you.

Your clinician may talk about something called the *Kellgren Lawrence (KL) scale*. Here's what it means in everyday terms:



1

**Early changes**
- Occasional stiffness after activity
- Morning ache that eases as you move

**Typical options:**
*Physiotherapy, light exercise, weight loss, over the counter pain relief.*



2

**Symptoms are starting to affect your life**
- Frequent pain
- Swelling comes and goes
- You may start avoiding the things you enjoy

**Typical options:**
*Arthrosamid®, injections (steroids or hyaluronic acid), Platelet-Rich Plasma, stronger prescribed pain relief.*





3

**Pain becomes part of daily life**
- Ongoing background pain
- Stiffness and reduced movement
- Everyday tasks feel harder



**Typical options:**
*Arthrosamid®, repeat steroid injections, Platelet-Rich Plasma, stronger prescribed pain relief.*

4

**Advanced**
- Severe chronic pain, even at rest
- Significant loss of movement

**Typical options:**
*Partial or total knee replacement.*



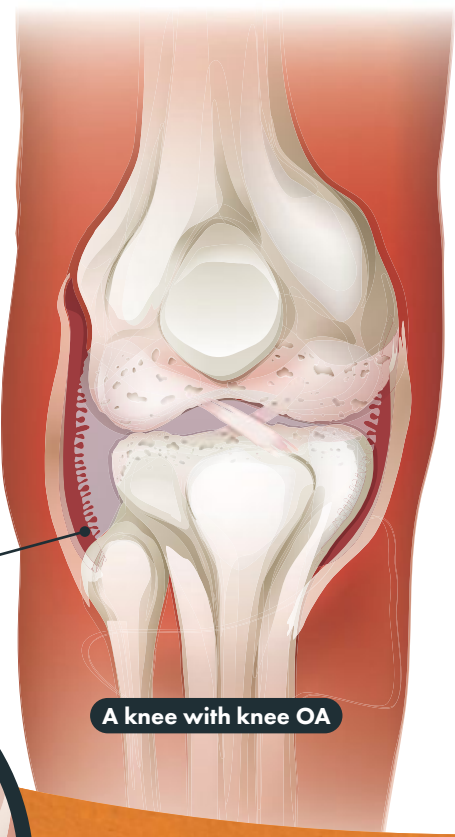
# *What's really causing the pain?*

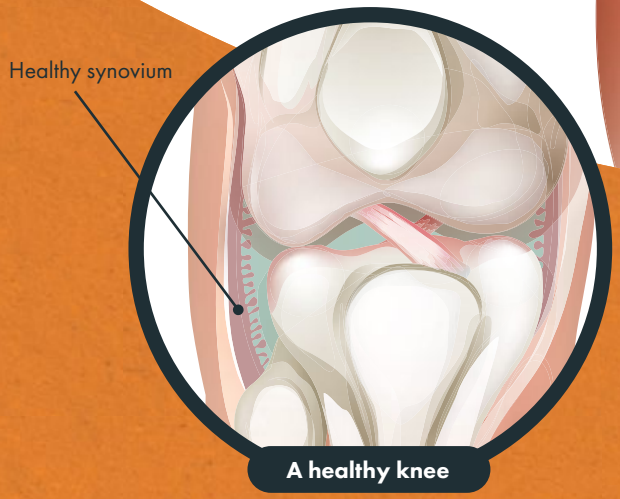
Knee osteoarthritis pain doesn't come from just one place.

Some pain comes from changes to the joint itself as cartilage wears down over time. Another important source of pain is the **synovium** — the soft lining inside your knee joint.[6]

When this lining becomes irritated (synovitis), it can produce excess fluid, causing swelling and pain. Research shows synovitis is strongly linked to both knee pain and the progression of osteoarthritis over time.[7]

**Arthrosamid® is designed to target this problem.**




ARTHROSAMID®

***If you're in Stage 2, 3 or even early Stage 4 and feel trapped in limbo — you're not alone!***

This is often the point where people feel stuck — too much pain to live normally, but not ready, or not wanting surgery.

**This is where Arthrosamid® may help.**

# *What are your options?*

**There are several treatments for knee osteoarthritis, but not all of them work the same way — or last the same length of time.**

## TREATMENTS SUITABLE FOR GRADE 1

Options are usually focused on managing symptoms and supporting your joint:

### EDUCATION & SELF-MANAGEMENT

Understanding your condition and making simple changes can help you stay active and independent.

***What to consider:*** *Requires ongoing effort and doesn't always feel like an "active" treatment.*

### WEIGHT MANAGEMENT (IF NEEDED)

Reducing pressure on the knee can help ease symptoms over time.[8]

***What to consider:*** *Can be difficult to maintain without the right support.*

### EXERCISE & PHYSIOTHERAPY

Strengthening the muscles around your knee can improve support and movement.[8]

***What to consider:*** *Results depend on consistency and may take time to feel the benefit.*[8]

See our free online rehab programme here: **arthrosamid.com**

### PAIN RELIEF (TOPICAL OR TABLETS)

Can help manage flare-ups and short-term discomfort.[8]

***What to consider:*** *Not usually a long-term solution and may have side effects with regular use.*[8]

## TREATMENTS SUITABLE FOR GRADES 2-3

### STEROID INJECTIONS

Provide fast, short-term pain relief.[8]

***What to consider:*** *Effects are usually short-lived and repeated use may not be recommended.*[8,9]

### HYALURONIC ACID (HA)

Supports joint movement and can reduce stiffness in some patients.[8,10]

***What to consider:*** *Results can vary, and repeat treatments are often needed.*[8,10]

### PLATELET-RICH PLASMA (PRP)

Uses your own blood to try to support healing.[11,12]

***What to consider:*** *Evidence and results can vary, and treatment can be costly.*[11,12]

## TREATMENTS SUITABLE FOR GRADES 2, 3 & 4

### ARTHROSAMID®

A single treatment that integrates with the knee joint lining to improve elasticity and deliver long-lasting pain relief in patients with knee OA.[1-3,5,13-15]

***What to consider:*** *Can be costly but proven to provide relief up to 5 years.*[1,2]

## TREATMENTS SUITABLE FOR GRADES 4

### SURGERY (KNEE REPLACEMENT)

Can be effective for advanced knee osteoarthritis.[16]

***What to consider:*** *Involves lengthy recovery time, wait list (if NHS), rehabilitation, time off work and activities and surgical risks.*[16]

## *Arthrosamid® delivers unmatched clinical results, exceeding those reported for HA, PRP, and steroids.*[2,8,10-12]

| | Longevity | Recovery | Cost* | Grade |
|---|---|---|---|---|
| Steroid injections (Corticosteroid) | 2-10 WEEKS[8] | 1-3 DAYS[17,18] | £100-£300 | Grade 2/3 |
| Hyaluronic acid (HA) | UP TO 13 WEEKS[8,10] | 2-3 DAYS[8,10] | £300-£800+ | Grade 2/3 |
| Platelet-Rich Plasma (PRP) | 6-12 MONTHS[11,12] | 2-3 DAYS[11,12] | £800-£1000+ | Grade 2/3 |
| Arthrosamid® | UP TO 5 YEARS[1,2] | 2 WEEKS[3] | £2500-£4000 | Grade 2/3/4 |
| Total Knee Replacement | 10-20 YEARS[9] | 6-12 MONTHS[16] | £11,000-£17,000 | Grade 4 |

*The treatments outlined above may be used at different stages of your knee OA journey, and in some cases may be combined. Individual needs and responses can vary, so it is important to seek advice from your clinician or to determine the most appropriate treatment pathway for you.*

**Prices vary from clinic to clinic, please consult your nearest clinic website for more details on price.*

Find your nearest clinic **arthrosamid.com**

## ADDITIONAL SUPPORT OPTIONS

### BRACING

Can help support the knee in specific cases.[19]

*What to consider: Needs to be properly fitted and doesn't work for everyone.*[19]

## What is Arthrosamid®?

***Arthrosamid® is a hydrogel made up of 97.5% water.***[3]

The remaining 2.5% forms an internal structure within the hydrogel, which helps it stay in place and work within your knee over time.[3]



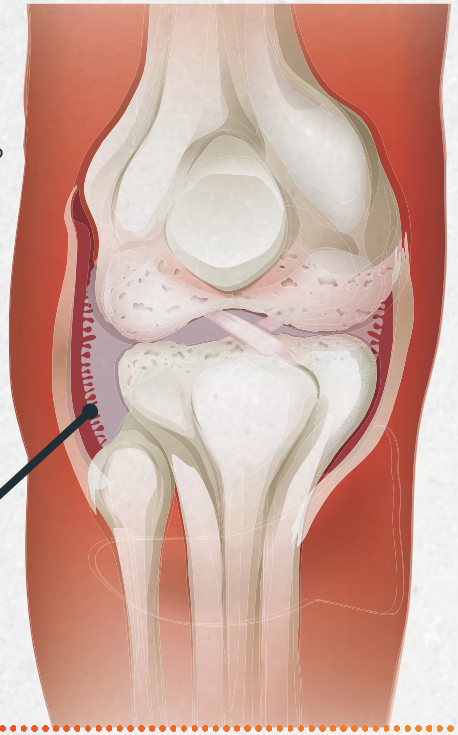

## How does it work?

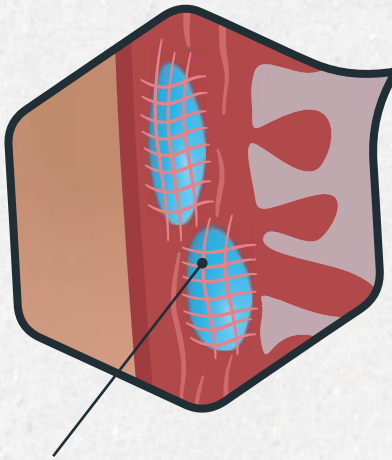
**A different approach to knee pain**

Arthrosamid® is a soft, elastic hydrogel that is injected into the area surrounding your knee joint.[14]

Once inside, it spreads throughout the fluid surrounding the joint and becomes part of the lining of your knee (the synovium) over the following 4-6 weeks.[2,13,2]

Knee OA can cause this lining to become stiff and less able to function properly. Arthrosamid® works by increasing the elasticity of the the lining, helping it move and behave more like healthy tissue again.[2,5,15]





Arthrosamid® after 4-6 weeks when it has integrated with the synovium

### WHAT DOES THAT MEAN FOR YOU?

By improving the way the joint responds to everyday movement, Arthrosamid® can help **significantly reduce pain and support better joint function up to 5 years**.[1,2]

Over time, this can help break the cycle of pain and stiffness.

## Why more patients are considering Arthrosamid®

**This isn't just about finding an alternative treatment.**
**It's about getting back to the things that matter:**

- Walking without thinking about pain in every step
  *Statistically significant reductions in pain lasting up to 5 years.*[1,2]
- Climbing stairs with confidence
  *Avoid the risks and lengthy recovery of surgery (6-12months)*[16,21,22] *return to daily activities in weeks.*[3]
- Playing with your family
  *68% patient satisfaction for improvements in function and daily activities.*[14]
- Returning to sports or hobbies you've missed
  *Single treatment — no repeat injections or hospital stays*[3]

**It's about feeling like yourself again.**

Arthrosamid® helps you live with less pain, get moving, and start feeling like you again — without surgery.[4,5]

## Your treatment journey with Arthrosamid®



**1 Consultation (20–30 minutes)**
- A specialist assesses your knee and explains your options

**2 Treatment (15–20 minutes)**
- You will be given antibiotics ahead of treatment to protect you from any potential risk of infection[3]
- You remain awake with local anaesthetic to numb the area around your knee[3]
- Your clinician may use ultrasound or anatomical landmarks to guide the injection[3]

**3 Recovery**
- Walk in, walk out the same day[3]
- Take it easy for a few weeks — avoid anything too strenuous[3]
- Your clinician will guide you in your return to normal activity[3]

**4 Results**
- Relief builds over 4–12 weeks[3] with benefits lasting up to 5 years[1,2]



Scan to hear specialists explain how it works

## *A well-studied, established treatment you can feel confident in*

**Arthrosamid® is proven to be safe and effective[4,5] — with no serious treatment-related side effects reported in clinical trials.[5,23]**

### WHAT ABOUT SIDE EFFECTS?

In clinical trials:

- No serious side effects reported[23]
- Most common effects were temporary lasting a few days to weeks:[23,24]
  - Mild to moderate joint discomfort[23,24]
  - A feeling of swelling[23,24]

Arthrosamid® may not be suitable for everyone, and your clinician is best placed to advise you. Full indications can be found on the back cover.

While there is currently no cure for osteoarthritis, treatments like Arthrosamid® are designed to help reduce knee pain and improve day-to-day life.

As with any treatment, results can vary from person to person. Your clinician will talk you through what you can expect and whether this option is right for you.

*Over* **30,000** *treatments have been carried out since 2022[14]*

**10 years** *of safety evidence[25]*

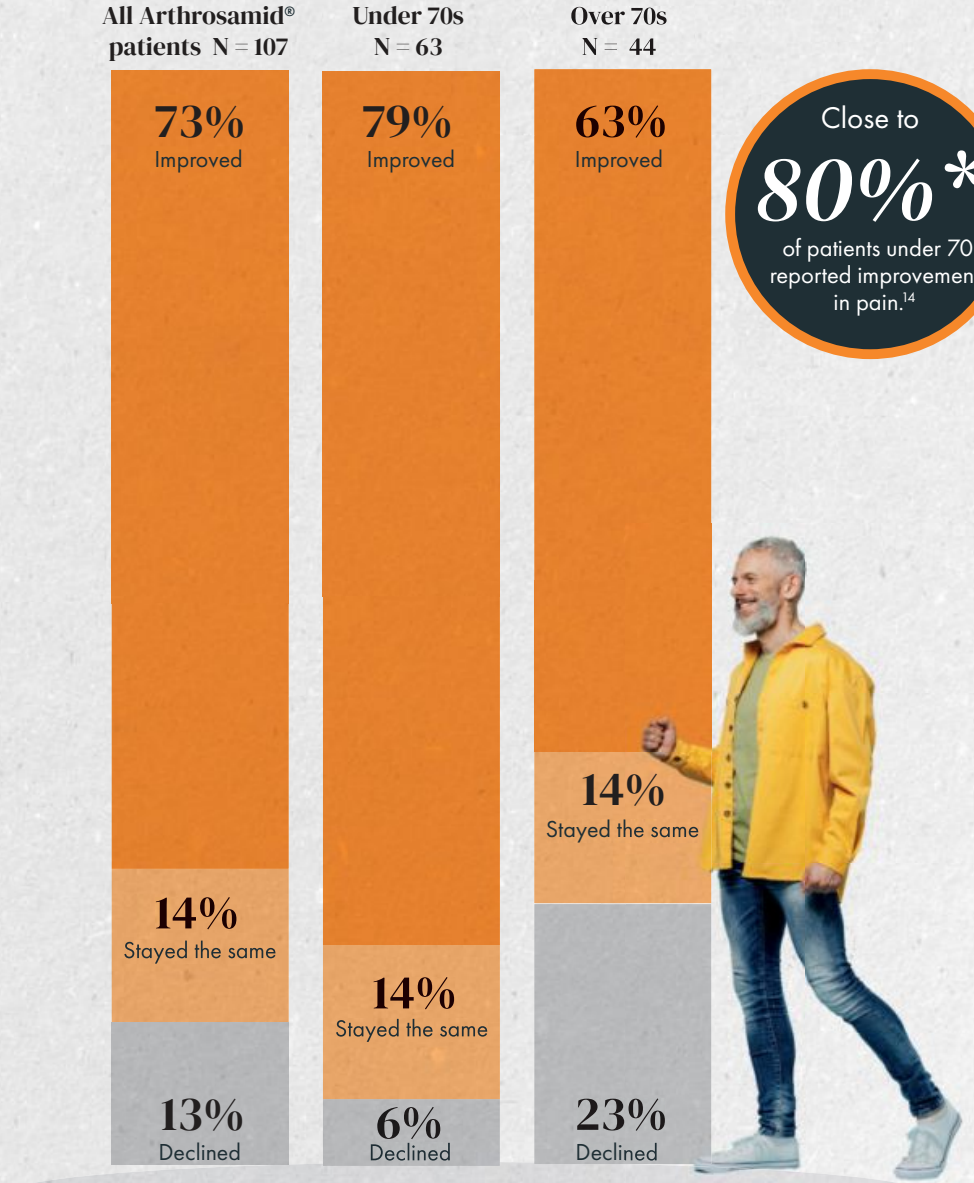
*Supported by over* **25 years** *of clinical research[14]*



## *How patients responded to Arthrosamid®*

**A randomised study of one-year performance of Arthrosamid® vs. Hyaluronic Acid (HA)[5]**

*Response rate based on change from baseline in WOMAC† pain*




Close to **80%*** of patients under 70 reported improvement in pain.[14]

† WOMAC is a simple way clinicians measure your pain and how your knee affects your movement and daily life. Your pain is rated on a scale from 0 to 4, where 0 means no pain and 4 means extreme pain.

*Percentage may not total 100 due to rounding

# *Everyone's experience of knee pain is different — but the impact is often the same*

**Missing out on the things you enjoy. Adapting your daily life. Feeling held back.**

Here are real stories from people who chose Arthrosamid® — and how it's helped them get back to doing what matters to them.

**Katie, 49**

*"I kept pushing through the pain — but it wasn't going away."*

After trying physiotherapy and even surgery, nothing gave lasting relief.

*"I started looking into Arthrosamid® because it was different — backed by real evidence."*

After treatment:
*"Within a few weeks, the pain started to ease. By 12 weeks, my knee felt stronger, and I was moving normally again."*

***"I've got my life back."***

**Jane, 84**

*"I don't want to stop doing what I love."*

Jane has spent her life outdoors — riding, travelling, and living independently. However years of knee pain and stiffness were starting to make even simple movements difficult.

*"The pain could be exhausting... even getting out of a chair was hard."*

Determined to keep going, Jane chose Arthrosamid®.

After treatment:
*"I could walk straight away — and I didn't have to stop doing the things I love."*

***"I thought my trips might be over — but now I'm planning the next one."***



**Robert, 61**

*"I'd pretty much given up hope that anything would really help."*

After years of injuries and more than two decades of knee pain, Robert had learned to live with discomfort — adjusting his life, but never fully escaping it.

*"It just became part of everyday life."*

After discussing options with his clinician, Robert chose Arthrosamid®.

*"I was cycling within 20 minutes of the injection."*

3 months after treatment:
*"I forget I even have knee issues."*

***"It's given me a level of freedom I haven't felt in years."***

## *Your next step*

**Book a consultation**
A specialist will assess your knee and advise whether you're a suitable candidate.
*No obligation. No pressure.*
Most consultations take 20–30 minutes.

**Find a clinic**
Arthrosamid® is available in over 700 clinics worldwide[14]

**Still have questions?**
Visit arthrosamid.com/faqs
or email info@arthrosamid.com
The next step is yours.

***It's time to invest in feeling like yourself again.***

## Indications, patient group and usage

Arthrosamid® should not be injected:[3]

- If an active skin disease or infection is present at or near the injection site.
- If the joint is infected or severely inflamed.
- If the patient has previously received treatment with a different non-absorbable injectable/implant.
- If the patient has received a knee alloplasty or has any foreign material in the knee.
- If the patient has undergone knee arthroscopy within the last six months.
- In haemophilia patients or in patients in uncontrolled anticoagulant treatment.

Treatment with Arthrosamid® may not be suitable for everyone. Your doctor is the best person to advise you.

For full details about warnings and precautions and prescribing information, speak to your clinician or visit **www.arthrosamid.com**

ARTHROSAMID®

Find your nearest clinic
**arthrosamid.com**

**References: 1.** Bliddal, H., *et al.,* (2026). *Clin Exp Rheumatol.* Vol 44:1410-1417; **2.** Bliddal, H., *et al.* (2026). 5-year extension study. *J Orthop Surg Res.* Vol 21:43; **3.** Arthrosamid®, Instructions For Use. Release Date October 2025. 10117-001; **4.** Bliddal, H., *et al.* (2024). *J Orthop Surg Res.* Vol 19:274; **5.** Bliddal, H., *et al.* (2024). *Clin Exp Rheumatol.* Vol 42(9):1729-1735; **6.** O'Neill, T. W., *et al.,* (2018). Mechanisms of Osteoarthritis (OA) Pain. *Current osteoporosis reports.* Vol16(5), 611–616; **7.** Mathiessen, A., *et al.,* (2017). *Arthritis Research & Therapy.* Vol 19(1):18; **8.** NICE (2022) Osteoarthritis: care & management (NG226); **9.** Wijn, S. R. W., *et al.,*(2020).*The Bone & Joint Journal.* Vol 102-B(5):586–592; **10.** Bellamy. *et al.,* (2006) Viscosupplementation for the treatment of osteoarthritis of the knee. Cochrane Database Syst Rev. :CD005321; **11.** Filardo, G., *et al.,* (2021). PRP Injections for the Treatment of Knee Osteoarthritis: A Meta-Analysis of Randomized Controlled Trials. *Cartilage,* 13(1_suppl), 364S–375S; **12.** NICE (2019) PRP for knee OA. (HTG497); **13.** Christensen, L., *et al.,* (2016). *Osteoarthritis and Cartilage.* Vol 24(11):1999-2002; **14.** Data on file; **15.** Wimmer, M. A., *et al.,* 18th ICRS World Congress, Boston, 11-14 October (2025); **16.** NHS Choices (2023). Recovery - Knee replacement. NHS. Available at: https://www.nhs.uk/tests-and-treatments/knee-replacement/recovery/; **17.** NHS (2024) Steroid injections;**18.** NHS (2024) Hydrocortisone injections. NHS. Available at: https://www.nhs.uk/medicines/hydrocortisone-injections/about-hydrocortisone-injections/; **19**. Arthritis Foundation (2026) '4 ways a knee brace can help knee arthritis'. Available at: https://www.arthritis.org/health-wellness/healthy-living/managing-pain/joint-protection/4-ways-a-knee-brace-can-help-knee-arthritis; **20.** Bliddal, H., *et al.,* (2024). *Osteoarthritis and Cartilage.* Vol 32(6):770-771; **21.** AAOS/AAHKS (2021) Infection prevention guidelines; **22.** Price, AJ., *et al.,* (2018) Lancet. 392(10159): 1672-1682; **23.** Bliddal, H., *et al.,* (2021). *J Orthop Res Ther.* Vol 6(2). 1188. ISSN 2575-824; **24.** Overgaard, A., *et al.,* (2019). *Clin Ortho Adv Res. Osteoarthritis and Cartilage.* Vol 30(1):S370-71. **25.** Bliddal, H., *et al.,* (2025). 10-Year Follow-up. Abstract OC11 presented at WCO-IOF-ESCEO 2025.

## Follow us

@Contura_Orthopaedics_Ltd
Contura Orthopaedics Ltd
Contura-Orthopaedics-Ltd
@ConturaLtd

OUS/ARTHRO/JUL026/096

contura
ORTHOPAEDICS

Redefining Joint Care with Unparalleled Innovation