ARTHROSAMID®

What to expect after Arthrosamid® treatment



The next steps of your treatment journey

This leaflet details everything you need to know about your treatment procedure and what you can expect both immediately afterwards and longer term.

Please make sure you read this in full. If you have any questions after your treatment, please speak to your Arthrosamid® physician.

arthrosamid.com



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

Should I be having physiotherapy whilst I recover?

Structured rehabilitation will aid recovery following your treatment with Arthrosamid®.
Please discuss this with your physician.

FAQs

Can I receive another treatment if the effect of the first treatment wears off — and if so, after what period of time?

Whilst trials have not been conducted to show treatment effect, future treatments with Arthrosamid® are not contraindicated and can be discussed with your doctor or physician.[5]

Do I need to tell any healthcare providers about my treatment?

If in the future you require major dental work or an invasive medical procedure, you should tell your treating physician that you have an Arthrosamid® injectable implant in your knee to ensure an accurate medical assessment.[5]

Can I receive Arthrosamid® treatment in both knees?

Yes, it is possible to have both knees treated with Arthrosamid® but your physician is best placed to decide the time period before the treatments.

How does Arthrosamid® work?

When Arthrosamid® is positioned within the tissue lining of the knee joint, it increases the elasticity of this tissue – thereby improving knee functionality and reducing pain.[4,6,8]

It's this unique characteristic that provides a significant reduction in your OA pain over a longer period — with one single treatment.[1,2]

What is Arthrosamid®?

Arthrosamid® is a cutting-edge injectable hydrogel implant that delivers long-lasting, proven pain relief for knee OA[1,2] — improving your quality of life without surgery.[3,4]

Arthrosamid® is administered via a simple, one-step procedure performed under local anaesthesia by a qualified physician familiar with joint injections[5] — ensuring you're in and out of the clinic the same day.

What should I expect during the procedure?

Before treatment with Arthrosamid®, you will have a local anaesthetic to numb the area around your knee. You will also be given antibiotics ahead of this to protect you from any potential risk of infection.



Step 1:
Your knee will be cleaned prior to treatment.



Steps 2 & 3:
Arthrosamid® is then singularly injected into your knee's synovial cavity.[5] This might be performed with the help of ultrasound.



Step 4:
The needle is then removed and a plaster is placed over the injection site.

Side Effects

Clinical trials report there were no serious side effects following treatment with Arthrosamid®.[6,7]

What should I expect after treatment?

Days



You are likely to feel some pain relief within 24 hours. However, it can take four to twelve weeks to feel the maximum benefit. Clinical data shows that most patients start to feel an effect within a few weeks.[6]



Symptoms may include mild to moderate pain and/or swelling at the injection site,[5] but many patients do not experience any discomfort.[1,2]



Continue taking your regular medication as advised by your treating physician.



You may feel a different sensation to other treatments as Arthrosamid® is more viscous than other injectables.[7,9]

Weeks



Clinical data shows that most patients start to feel an effect within a few weeks.[6]



It can take 4-12 weeks to feel the maximum benefit.[6]



Return to daily activities within 2 weeks.[5]



Avoid strenuous activity during the first few weeks.[5]



Begin rehabilitation activities when possible as advised by your treating physician.

The most commonly reported side effects were joint pain and a sensation of joint swelling, which were mostly mild in severity and lasting days to weeks.[6,7]

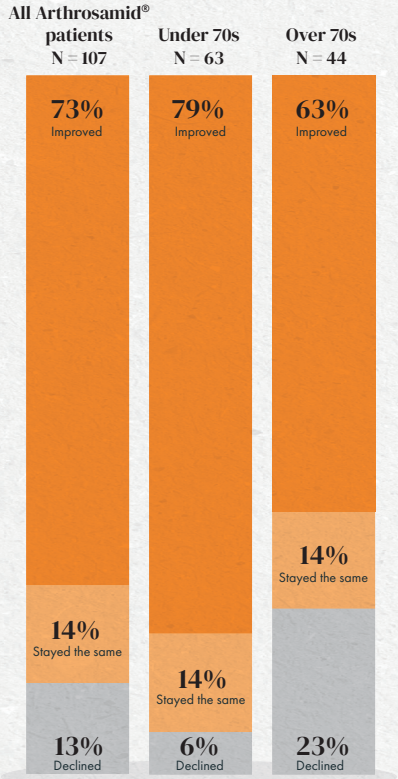
Arthrosamid® is supported by 10 years of safety evidence.[10]

Years

- Significant, long-lasting reduction in pain even five years post-treatment.[1,2]
- Arthrosamid® stays in place, eliminating the need for repeat injections.[5]
- Long-lasting support for an active life.[1,2]

Responder rates by age

Patients in the under 70 years group reported close to 80% positive response rate following treatment with Arthrosamid®.[11]



A randomised study of one-year performance of Arthrosamid® vs. Hyaluronic Acid (HA)[4]

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

† 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

If your knee becomes red, hot, significantly swollen or more painful, you should immediately contact your Arthrosamid® physician for treatment.

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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,* 21:43; **3.** Bliddal, H., *et al.* (2024). *J Orthop Surg Res.* Vol 19:274; **4.** Bliddal, H., *et al.* (2024). *Clin Exp Rheumatol.* Vol 42(9):1729-1735; **5.** Arthrosamid®, Instructions For Use. Release Date October 2025. 10117-001; **6.** Bliddal, H., *et al.* (2021). *J Orthop Res Ther.* Vol 6(2). 1188. ISSN 2575-8241; **7.** Overgaard, A., *et al.* (2019). *Clin Ortho Adv Res. Osteoarthritis and Cartilage.* Vol 30(1):S370-71; **8.** Henriksen, M., *et al.* (2018). *Clin Exp Rheumatol.* Vol 36(6):1082-85. PMID: 30148430.; **9.** Bliddal, H., *et al. Clinical and Experimental Rheumatology 2026;* 44:C 996-1003; **10.** Bliddal, H., *et al.* (2025). 10-Year Follow-up. Abstract OC11 presented at WCO-IOF-ESCEO 2025; **11.** Data on file.

Refer to your HCP for further treatment details

Please speak to your Arthrosamid® physician for information about indications, expected results, contraindications, warnings, precautions and potential complications.

In case of complications, you should contact your Arthrosamid® physician immediately for treatment.

It is important to bear in mind that there is no cure for osteoarthritis but successful treatment with Arthrosamid® may reduce or relieve your knee pain. You should also bear in mind that your knee osteoarthritis may not improve and, in some cases, may get worse.

More information is available from **arthrosamid.com** or **info@arthrosamid.com**

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