

# SEE YOUR DOCTOR

## Stride With Less Knee Pain

(NAPSA)—For the millions of Americans living with osteoarthritis (OA) of the knee, an increase in activity can result in pain and stiffness, which may hinder mobility.

Now is a good time to learn how exercise and proper treatment options may help minimize the pain associated with OA of the knee and may ensure that active days are less painful.

According to Dr. Nicholas DiNubile, an orthopaedic surgeon from The University of Pennsylvania, "Physical fitness can play an important role in maintaining good joint health. Exercises that improve strength and range-of-motion can help improve mobility and flexibility in arthritic joints, and help those with OA of the knee to lead a healthier and more active life."

Dr. DiNubile recommends the following tips to help those with OA of the knee:

- **Stretch!** Stretching 10 to 15 minutes before and after participating in strenuous activity is important. Remember to warm up slowly before the initial stretch. Regular stretching keeps joints flexible, increases range-of-motion, and helps prevent stiffness and injuries. Gentle yoga and Pilates may help improve flexibility.

- **Build Muscle!** Activities that strengthen the muscles around the joints can help those who have OA of the knee. Stronger muscles provide more shock absorption and support to arthritic joints and may help ease the pain of doing everyday tasks. Speak with a doctor or physical



therapist about an appropriate strength-training program.

- **Keep Fit!** Water exercise, riding a stationary bike, and walking are excellent ways to stay healthy and prevent excess weight from putting extra stress on joints.

In addition to a regular exercise regimen, your doctor may recommend treatment options for OA of the knee that range from behavior modification like weight loss, rest, and physical therapy to medications such as acetaminophen, NSAIDs, or COX-2 inhibitors. Another increasingly popular treatment, viscosupplementation (VS), is a novel FDA-approved, pill-free treatment for pain associated with OA of the knee. This treatment involves injecting directly into an arthritic joint a gel with physical properties that mimic the "shock-absorbing" and lubricating properties of healthy, young joint fluid, like that of 18- to 27-year-olds.

SYNVISC® (hylan G-F 20), the leading VS product used in the United States, can help to relieve pain associated with OA of the knee and improve joint mobility for up to 6 months.

SYNVISC is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative nonpharmacologic therapy and simple analgesics, e.g. acetaminophen.

For more information about OA of the knee and SYNVISC, contact your physician, call 1-888-793-2486, or visit [www.SYNVISC.com](http://www.SYNVISC.com).

SYNVISC is generally well tolerated; however, it may not work for everyone. The most commonly reported side effects are temporary pain, swelling, and/or fluid accumulation in the injected knee (about 2% of injections given in medical studies used to approve the product in the U.S.). If fluid accumulation is large or painful, call your doctor. Other side effects, such as rash, have been reported rarely. Before you begin your treatment with SYNVISC, advise your doctor if you are allergic to products from birds, such as feathers, eggs, or poultry, or if your leg is swollen or infected. You should avoid strenuous or prolonged weight-bearing activities after treatment. Talk to your doctor before resuming these activities. The results of repeat use have not been established. The safety and effectiveness of SYNVISC in children or in women who are pregnant or breast-feeding have not been tested. It is not known whether SYNVISC is passed into breast milk.