

## Viscosupplementation

At UW Medicine Sports Medicine Center

*This handout explains viscosupplementation at the UW Medicine Sports Medicine Center at Husky Stadium.*

### What is viscosupplementation?

*Viscosupplementation* (“visco injection”) is also called *joint fluid therapy*. During the treatment, a gel-like substance is injected into your knee joint. The goal of a visco injection is to ease pain and restore function.

### What can I expect?

The doctor will inject a thick fluid called *hyaluronic acid* into your knee joint. This fluid will help lubricate the joint. It will not cure your pain, but it will help you move more easily and with less pain.

Most patients receive a weekly injection for 2 to 5 weeks. After the injection:

- You will most likely have short-term pain, warmth, and swelling at the injection site.
- You should be able to do your usual daily activity.

The primary pain being treated usually eases 4 to 12 weeks after the injection. This pain reduction can last up to several months.

### Who can receive visco injections?

Visco injections are approved for people who have mild to moderate *osteoarthritis* (OA) in their knee. It can be ideal if your knee has not gotten better with other treatments such as physical therapy, weight loss, pain relievers, and *corticosteroid* injections.

If you have severe OA, where there is bone-on-bone contact, you may need other treatments.



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## **What are other treatment options?**

Other treatment options include:

- Physical therapy, if your OA is mild
- *Corticosteroid* injection or *platelet-rich plasma* (PRP) injection, if your OA is mild to moderate
- Total knee replacement, if your OA is severe

## **Are visco injections covered by insurance?**

Some insurance policies cover visco injections. Our staff will ask your insurance company to authorize payment before we schedule your treatment visit.

If your insurance does not cover injections, we offer package pricing that you can pay out of pocket before your treatment.

### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UW Medicine Sports Medicine Center: Call 206.598.DAWG (3294) and press 2.