ONE STEP FORWARD
Put knee pain behind you.

Your knee joint is lubricated by synovial fluid, which contains hyaluronic acid and acts as the knee’s shock absorber.

With OA of the knee, HA in the synovial fluid breaks down and doesn’t work as well to lubricate the joint. Over time, increased friction between the cartilage surfaces causes them to wear away. This is thought to become painful and to cause irritation and inflammation that may increase pain and lead to swelling and stiffness.

Several things are thought to contribute to the development of OA of the knee, such as:

- Excessive wear and tear on the knee joint
- Aging
- Heredity
- Traumatic injury
- Weight gain
- Repetitive stress injuries

Women of age 50 and over are more likely to develop OA of the knee, however, it can affect both men and women much earlier in life. You may find yourself with limited movement and having to modify your activities to avoid or reduce your knee pain.
Your knee pain, the impact it is having on your life and what has or has not worked previously will help you and your Doctor decide on what treatment option to use next.

Below are some common treatment options that may provide pain relief from OA of the knee.

**Lifestyle & Exercise**
- Weight management
- Strength training
- Acupuncture

**Over-the-Counter (OTC) Pain Relievers**
- Acetaminophen (TYLENOL®)

**Drugs that Treat Inflammation**
Nonsteroidal anti-inflammatory drugs (NSAIDS) including ibuprofen (MOTRIN®)

**Prescription Pain Relievers**
Celebrex®, Voltaren®, Ultram ER®, and others

**Joint Fluid Treatment**
Hyaluronic acid injections into the knee joint, such as MONOVISC® High Molecular Weight Hyaluronan

**MONOVISC FACTS**
- FDA approved.
- A non-avian sourced viscosupplementation derived from bacterial cells.
- Contains the highest amount of hyaluronan available for a single injection.
- Administered in your doctor’s office.
- May provide pain relief from OA of the knee for up to six months.
- Clinical studies showed no significant difference in adverse events for one repeat treatment course, but the number of injections right for you is a decision you and your doctor can make together. Consult your insurance provider to learn about coverage for any additional treatments you may receive.

**MONOVISC is an FDA-approved therapy made from ultra-pure, high molecular weight hyaluronic acid. MONOVISC is a knee injection that may help to restore the joint fluid that cushions, protects and lubricates your knee joint.**

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

**AFTER A MONOVISC INJECTION...**
- Avoid strenuous activities (high-impact sports like jogging or tennis) or prolonged weight bearing for approximately 48 hours following the injection. Consult your doctor regarding appropriate time to resume such activities.
- The most commonly reported adverse events observed in the original clinical studies were: arthralgia, joint swelling and injection site pain. MONOVISC should not be injected in patients with infections or skin diseases in the area of the injection site or joint or with known systemic bleeding disorders. If you have any known allergies, talk to your doctor to determine if this product is right for you.