



BEYOND KNEE PAIN

Modern injection treatments can reduce pain, improve mobility and help delay surgery, offering new options for patients with knee arthritis

Knee pain is one of the most common reasons patients seek orthopaedic advice. Whether caused by osteoarthritis, inflammation, injury, or general wear and tear, knee pain can significantly impact daily life. Simple activities such as walking, climbing stairs, gardening, playing golf, or even getting out of a chair can become difficult.

While knee replacement surgery can be an excellent solution for patients with advanced arthritis, many people want to explore non-surgical treatment options first. One of the most commonly used treatments is injection therapy, which can help reduce pain, improve mobility, and allow patients to maintain an active lifestyle.

There are several different types of knee injections available, and understanding the differences can help patients make informed decisions about their care.

What causes knee pain?

The most common cause of persistent knee pain is osteoarthritis. This occurs when the

smooth cartilage covering the ends of the bones gradually wears away over time. As the cartilage becomes thinner, the joint can become painful, stiff, and inflamed. Patients often describe symptoms such as:

- Pain when walking or standing.
- Stiffness first thing in the morning.
- Difficulty climbing stairs.
- Swelling around the knee.
- Reduced mobility.
- Pain that interferes with sleep.

Depending on the severity of symptoms and the degree of arthritis present, injection treatments may offer significant relief.

Steroid injections

Corticosteroid injections have been used successfully for many years to reduce inflammation within painful joints. The injection contains a powerful anti-inflammatory medication delivered directly into the knee joint. This can help settle inflammation and reduce pain quickly.

Steroid injections are often most effective when there is a strong inflammatory

component, particularly when patients experience swelling and flare-ups. Benefits may include:

- Rapid pain relief.
- Reduced swelling.
- Improved mobility.
- Minimally invasive treatment.
- Quick procedure performed in clinic.

Relief can begin within days and may last for several weeks or months. However, the duration of benefit varies between individuals, and steroid injections are generally considered a temporary treatment rather than a long-term solution.

Hyaluronic acid injections (Durolane)

Another commonly used treatment is hyaluronic acid injection therapy, often referred to as ‘viscosupplementation.’

Hyaluronic acid occurs naturally within healthy joints and acts as a lubricant and shock absorber. In arthritic knees, the quality and quantity of this natural fluid decline.

Durolane is a single-injection hyaluronic acid treatment designed to supplement the

joint’s natural lubrication. The aim is to improve movement and reduce discomfort during everyday activities. Patients may notice:

- Reduced joint pain.
- Improved mobility.
- Better walking tolerance.
- Enhanced joint lubrication.
- Relief lasting several months.

Unlike steroid injections, which primarily target inflammation, hyaluronic acid injections focus on improving the joint environment and reducing mechanical symptoms.

Results are not immediate and develop gradually over several weeks. Many patients experience improvement lasting six months or longer, although outcomes vary depending on arthritis severity.

Arthrosamid

One of the newest developments in knee osteoarthritis treatment is Arthrosamid. Arthrosamid is different from both steroid injections and hyaluronic acid treatments. It is a non-biodegradable hydrogel that integrates into the synovial tissue lining the knee joint. Rather than acting as a lubricant or anti-inflammatory, Arthrosamid becomes incorporated within the knee’s soft tissue structures, helping to cushion the joint and reduce pain.

Clinical studies have demonstrated encouraging results, with many patients reporting sustained improvements in pain and function following treatment. Potential benefits include:

- Long-lasting pain relief.
- Improved mobility.
- Reduced stiffness.
- Single injection procedure.
- Minimally invasive treatment.
- Potential improvement lasting several years.

Many patients are attracted to Arthrosamid because it offers a non-surgical option that may provide longer-lasting symptom relief compared with traditional injections.

The procedure is performed in clinic under ultrasound-guided techniques and typically takes a short time. Most patients return home after the appointment and can resume normal activities within a few days.



Who is suitable for knee injections?

Injection therapy may be appropriate for patients who:

- Have mild to moderate knee arthritis.
- Wish to delay surgery.
- Are not currently suitable candidates for surgery.
- Have persistent symptoms despite physiotherapy.
- Require symptom relief to remain active.
- Want to explore non-surgical treatment options.

A thorough assessment is essential before recommending any injection treatment. Factors such as age, activity level, severity of arthritis, previous treatments, and overall health all play a role in determining the most suitable option.

Are injections a replacement for surgery?

Not necessarily. While injections can provide significant symptom relief, they do not reverse arthritis or regrow damaged cartilage. Their primary purpose is to reduce pain, improve function, and help patients maintain quality of life.

For some patients, injection therapy may provide sufficient long-term symptom control, and surgery may never be required. For others, injections can help delay surgery until the timing is more appropriate.

When arthritis becomes advanced and symptoms significantly affect everyday activities, knee replacement surgery may become the most effective treatment option.

The importance of individualised care
There is no single treatment that suits every

patient. What works well for one individual may not be the best option for another.

Modern orthopaedic care focuses on developing personalised treatment plans that consider each patient’s symptoms, lifestyle, goals, and expectations.

Whether treatment involves physiotherapy, weight management, steroid injections, hyaluronic acid injections such as Durolane, newer treatments such as Arthrosamid, or surgical intervention, the aim is always the same: reducing pain, improving mobility, and helping patients return to activities they enjoy.

If you are experiencing persistent knee pain, an assessment by Mr Nadim Aslam can help identify the cause of your symptoms and determine the most appropriate treatment. Early assessment often leads to better outcomes and helps patients remain active, independent, and mobile for longer.

This clinic is consultant-led by Mr Nadim Aslam, orthopaedic robotic knee and hip surgeon, specialising in hip and knee conditions and providing both non-surgical and surgical solutions tailored to each patient.

Patients are supported throughout their journey by Katie Davies, who is available to assist with appointments, treatment enquiries, and ongoing care.

To arrange a consultation, contact the bookings team using the number below.

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