# **Knee Lubrication 101: Viscoelastic Therapy Explained**

Your Guide to Hyaluronic Acid (HA) Injections for Knee Osteoarthritis

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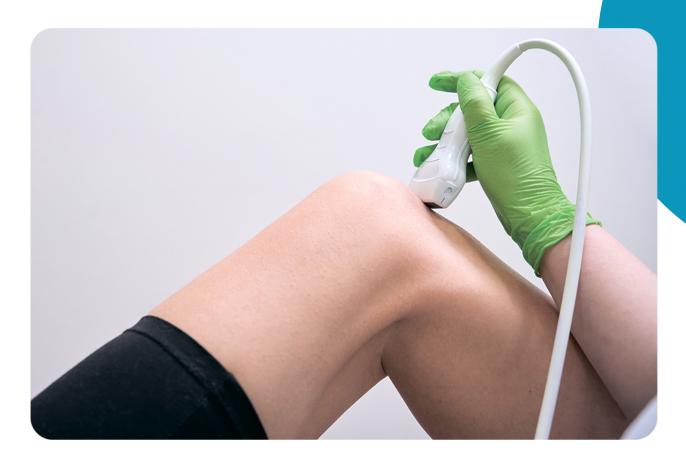
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## 1. What Is Viscoelastic Therapy?

**Viscoelastic therapy**, also known as **hyaluronic acid (HA) injection therapy**, is a **non-surgical knee pain treatment** that involves injecting a gel-like substance into the knee joint to improve lubrication and cushioning.

HA is similar to the fluid naturally found in healthy joints. For patients with **knee osteoarthritis**, this fluid thins over time, causing **pain**, **stiffness**, **and grinding**. HA helps restore smooth joint movement.

Think of HA injections as "WD-40" for your knees — providing glide, cushion, and comfort.

# 2. How Does HA Compare to Other Knee Injections?

You may have heard of cortisone or PRP. Here's how HA compares:

Injection Type	What It Does	<b>Best For</b>	<b>How Long It Lasts</b>
HA (Viscoelastic)	Lubricates the joint, cushions movement	Mild to moderate arthritis	4–6 months or more
Cortisone	Reduces inflammation and pain	Acute flare-ups	2–12 weeks
PRP	Stimulates natural tissue healing	Early arthritis or athletes	6–12 months (or longer)

HA is a good middle-ground: less invasive than surgery, longer-lasting than cortisone, and more accessible than PRP for many patients.

# 3. What Happens During the Injection Process?

#### **Step-by-Step: What to Expect**

- **01** Pre-visit imaging (X-ray or MRI) confirms arthritis stage
- Outpatient visit: HA injection is performed in-office
- **03** Guided injection ensures precision (ultrasound may be used)
- **04** You walk out same day no downtime
- Time required: 15–20 minutes
- Number of injections: 1 to 3 (depending on brand and severity)
- No anesthesia or sedation required



# 4. Recovery Timeline & Symptom Monitoring

You won't feel instant relief — but improvements typically build over several weeks.

Timeline	What You May Feel		
Day 1–3	Mild soreness, stiffness, or swelling		
Week 1–2	Gradual easing of symptoms		
Week 3-4	Peak relief for most patients		
Months 2-6+	Reduced pain, increased mobility		

 $\overline{\mathbb{Q}}$  Tip: Keep a symptom diary to track pain, stiffness, and function before and after injections.

You can resume normal activities right away — avoid high-impact activity for 24–48 hours.



### 5. Are You a Good Candidate for HA Injections?

HA injections work best for patients with **mild to moderate knee arthritis**, and who want to **delay or avoid surgery**.

- ✓ You may be a good candidate if:
- You're 40+ with knee arthritis confirmed on imaging
- · Pain/stiffness is interfering with daily life
- You've tried oral medications, ice, or physical therapy
- You want a non-surgical solution with low risk

- NA may not be ideal if:
- You have bone-on-bone arthritis
- Previous HA injections failed
- You have a known allergy to HA or birds (for some formulas)

# 6. Patient Checklist: Is HA Right for Me?

Use this checklist before your visit:

- I have knee pain that flares with activity
- My X-rays show early-to-moderate arthritis
- I want a natural alternative to cortisone
- I'm not ready for joint replacement surgery
- ☑ I can commit to monitoring symptoms for 4–6 weeks

Bring this list to your consultation with Dr. Burke to help guide the discussion.

## 7. Schedule Your HA Injection Consultation

Want to find out if **HA injections** can reduce your pain and help you move freely again?

- Contact Dr. Robert Burke Today:
- Or. Burke Orthopedics
  12811 Beamer Rd, Houston, TX 77089
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- Wisit: www.drburkeortho.com

We'll evaluate your joint health, walk you through your options, and help you decide if HA is the right next step for your knees.

#### **Bonus: Save or Share This Guide**

- Print and bring this to your appointment
- Share with friends or loved ones experiencing knee stiffness
- Download again at: drburkeortho.com/ha-guide