

Knee Lubrication 101: Viscoelastic Therapy Explained

Your Guide to Hyaluronic Acid (HA) Injections for Knee

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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

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	Best For	How Long It Lasts
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
- 02** 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

 **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

 HA 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:

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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.

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