



PERFORMING ARTS

SPECIAL INTEREST GROUP



ORTHOPAEDIC SECTION

AMERICAN PHYSICAL THERAPY ASSOCIATION



American Physical Therapy Association
The Science of Healing. The Art of Caring.

HYLAN G-F 20 – CITATION SUMMARY

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Some of us treat older dancers and other athletes who have developed hip or knee osteoarthritis. New minimally invasive, nonsurgical treatment options in the management of osteoarthritis include intra-articular viscosupplementation. Trials of intra-articular viscosupplementation with hyaluronic acid (hyaluronan and hylan G-F 20) have demonstrated decreases in pain and improved outcomes. The literature reports trials for the sacroiliac joint and shoulder as well as the knee and hip. The mechanism of hyaluronic acid injection involves increasing the viscoelasticity of the synovial fluid, possibly by promoting endogenous hyaluronic acid production. Other research supports two potential mechanisms for viscosupplementation: a biosynthetic-chondroprotective mechanism that may decrease the rate of deterioration of joint structure and an anti-inflammatory mechanism. Analyses of the effects of viscosupplements against 'placebo' controls generally support the efficacy of this class of intervention.

These new treatments appear to have minimal down time and, when combined with proper rehabilitation protocol, can help patients to regain and maintain their mobility gains and overall quality of life. Even more importantly, they may delay the need for total joint replacement.

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