

Argus Orthopaedic Zone

Supartz. Tell Me More

By Thomas J. Haverbush, M.D.
Orthopaedic Surgeon

Transforming patient information into patient understanding.

Because there are so many kinds of arthritis, Supartz doesn't help everyone, but I find it does help most. It can help for 6 - 12 months or in some patients indefinitely.

I like to think of Supartz as a kind of bridge between arthroscopic knee surgery and a total knee replacement.

How Is It Given?

I give it in a series of 5 injections once a week. Does it hurt? Not really because I give a local anesthetic shot to numb the skin first, wait 10 minutes and then do the injection of Supartz. Everyone doesn't do it that way, but I know it is the best and most comfortable way for my patients.

Why Not Three Shots?

Some products besides Supartz are given in a three shot series. I have used them and feel my patients get longer lasting results with the five shots. I know this from my own experience.

Does It Always Work?

No, it doesn't. Like any treatment. It certainly has to do with the degree of arthritis that is in the joint. The more arthritis you have, sometimes Supartz can't convince the joint to make its own better lubrication. My experience is that it helps most patients I use it on. You have to remember I said, an Orthopaedic Surgeon is in the best position to decide who it will help and who has too much arthritis that it can't help them. That's an important part of my job; to decide who it will help and who it has very little chance of helping.

What Exactly Is Injected?

1% Sodium Hyaluronate (25mg), 2.5 ml.

Allergy

If you are allergic to feathers, eggs or poultry you can't have it. Sorry.

What Exactly Is Joint Fluid?

Joint fluid or synovial fluid is Hyaluronan, a thick viscous fluid, which is a shock absorber and a lubricant in healthy joints. Osteoarthritis reduces your joint fluid's ability to protect and lubricate itself.

Can It Be Used On the Hip and Shoulder?

Yes, under certain special circumstances, but it is more complicated to inject and has not been officially released to be used in other joints besides the knee.

I guess that is enough about Joint Fluid Therapy for now. We can revisit it if there are still questions I haven't answered. Thanks for your attention. Class dismissed!

Please go to our office teaching website for patients and families www.orthopodsurgeon.com, which can take you to Your Orthopaedic Connection for much more valuable information.

Our goal is simple - to help people return to more pain free, functional lives.

Good health. Good life. All the best to you.

Be well.

Dr. Haverbush