

HYALURONIC ACID THERAPY

HYALU RONIC ACID THE RAPY



ORTHOPÄDISCHE &
UNFALLCHIRURGISCHE PRAXIS
BARTSCH & TAHERI

WHAT IS JOINT WEAR?

Inflammations and degenerative changes in joints, such as cartilage diseases and arthrosis, and/or in tendons (tendinosis) can lead to severe restrictions in quality of life due to pain and deterioration of mobility. This is mainly manifested by lack of movement, as the complaints worsen with start-up and strain. The reduction in activity can also lead to secondary problems (e.g. weight gain, increase in blood pressure, social withdrawal, etc.). Treatment helps to stabilise the quality of life and slow down the ageing process.

Prevention is the keyword in orthopaedics. Therefore, the main thing is to prevent and counteract further deterioration at an early stage. In combination with physiotherapy and an optional-initial medicinal treatment, a significant improvement of the complaints can be seen if the indication is correct.

WHAT IS HYALURONIC ACID?

Hyaluronic acid is a protein that occurs naturally in the body in various tissues, including cartilage. Injections with hyaluronic acid are an established treatment option for cartilage diseases and incipient arthrosis. Here, the function of the joint can be improved and the pain significantly reduced. This reduces the need for painkillers and improves the quality of life.

Furthermore, the treatment delays the further progression of the degeneration, among other things by stimulating the body's own hyaluron formation.

JOINTS SUCH AS



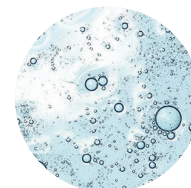
KNEE



SHOULDER



ANKLE



HYALURONIC ACID

HOW DOES THE TREATMENT WORK?

After local anaesthesia of the skin by means of cold or a local anaesthetic, the hyaluronic acid is injected, depending on the joint/tendon also ultrasound-assisted. The hyaluronic acid is then distributed throughout the joint, if necessary by gentle movements. The joint can usually be loaded normally on the same day.

This injection is repeated a total of 5 times at intervals of about one week in order to achieve the greatest possible saturation of the joint. The injection therapy with hyaluronic acid should always be accompanied by physiotherapeutic measures and self-exercises for mechanical relief of the joint. Optionally, a splint to relieve the joint can lead to improvement.

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WHO PAYS THE COSTS?

Hyaluronic acid injections are a service offered in our practice and belong to the individual health services (IGEL). Private health insurances cover the costs, but the state aid only covers part of the costs. Injections are not included in the catalogue of services provided by statutory health insurance companies, which is why the costs are not covered by the health insurance companies. This service must be paid for by the patient. For further information, please contact our practice team.

APPROX. 5
INJECTIONS



YOUR **APPOINTMENTS**

Five horizontal white bars for entering appointment details.

HYALURONIC ACID
INJECTIONS
improve the function
of your joints and
significantly reduce
pain.

**ORTHOPÄDISCHE &
UNFALLCHIRURGISCHE PRAXIS**

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