

Conrozier, T., Eymard, F., Chouk, M., & Chevalier, X. (2019, Aug 17). Impact of obesity, structural severity and their combination on the efficacy of viscosupplementation in patients with knee osteoarthritis. *BMC Musculoskeletal Disorders*, 20(1), 376. <https://doi.org/10.1186/s12891-019-2748-0>

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## **Should my doctor be talking to me about knee injections for my osteoarthritis?**

### **Why did they do this study?**

Knee osteoarthritis (OA) is when wear and tear of the knee joint causes pain and disability for people, especially older people. One way to help people with knee OA is *viscosupplementation* (VS). VS is a treatment where a liquid called *hyaluronic acid* is injected into the knee joint. The liquid helps the bones in the knee move smoothly over each other. These injections can reduce pain and make it easier for people with knee OA to move about.

But, should doctors be talking to everyone with knee OA about getting VS? Right now, there is not much research about who should be offered VS and who should not. Some research has shown that VS may not help people who are obese and have worse knee OA. We need to know more. That is why a group of researchers from France did a study to ask these questions to understand VS better.

1. Does it matter how much a person weighs?
2. Does it matter how bad a person's knee OA is?

### **What did they do?**

The researchers had 166 participants with knee OA in their study. Some of these people had bad knee OA, and some of them were overweight. At the beginning of the study participants rated how bad their pain was and how hard it was to move around. Then all the participants got VS knee injections. After six months, participants again rated how bad their pain was and how hard it was to move around. This allowed the researchers to see if and how the VS injections had helped different people.

### **What did they find out?**

VS injections helped some people in the study more than others. People who were obese and had worse knee OA were less likely to benefit from VS compared to people who were normal weight and had milder knee OA. But some people who were obese and had worse knee OA still found the VS helped them. And they got about the same amount of benefit as people who were normal weight and had milder knee OA!

### **What should we do now?**

This research shows VS may help people of all different weights and different types of knee OA severity. Now that we know this, doctors should be talking to people of all weights and all levels of knee OA severity about how VS may help them.

### **References**

John Hopkins Medicine. (2020). *Viscosupplementation treatment for arthritis*. Retrieved from <https://www.hopkinsmedicine.org/health/conditions-and-diseases/arthritis/viscosupplementation-treatment-for-arthritis>