E-Poster

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Effectiveness of Hyaluronic Acid Viscosupplementation in Patients With Chondromalacia Patella

Topic: Pain

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BACKGROUND

Knee pain is a prevalent issue in primary care and a major contributor to work-related disability, imposing significant costs on National Health Systems (NHS). This study aimed to evaluate the impact of hyaluronic acid (HA) viscosupplementation in a carefully chosen group of patients, focusing on satisfaction levels, short-term and long-term pain relief, subsequent surgical needs, and the ability to resume work.

METHODS

Thirty-five patients with chondromalacia patella received intra-articular injections of HA in the suprapatellar recess in 2022. All participants had previously engaged in therapeutic exercises for knee pain, did not suffer from chronic pain in multiple body areas, and had no prior conditions affecting lower limb biomechanics or mobility. Data was collected through a structured telephone survey.

RESULTS

The average age was 53.12 years; 31.42% were male and 68.57% were female; 25.71% have had a previous HA injection in the joint; 14.29% have had knee surgery before de HA injection; and only one patient required knee surgery post-treatment. A high satisfaction rate of 94.2% was observed among patients. Additionally, 88.57% reported significant pain relief within the first six months, finding HA effective for their condition. Among the 17.1% of patients who took sick leave due to knee pain (totaling 290 days, averaging 26.3 days per person), all returned to work within a few weeks after the injection.

CONCLUSION

In a carefully selected patient group, intra-articular HA injections for chondromalacia patella resulted in high satisfaction, effective pain relief, reduced or delayed need for surgery, and facilitated early return to work, thereby lowering both direct and indirect costs for the NHS.

Statement of Disclosures

None

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