

**TRILURON<sup>®</sup>**  
*sodium hyaluronate*

Find out how  
**TRILURON<sup>®</sup>**  
may help you

manage your  
osteoarthritis  
knee pain.

A PATIENT'S GUIDE

# *Easy Glider*

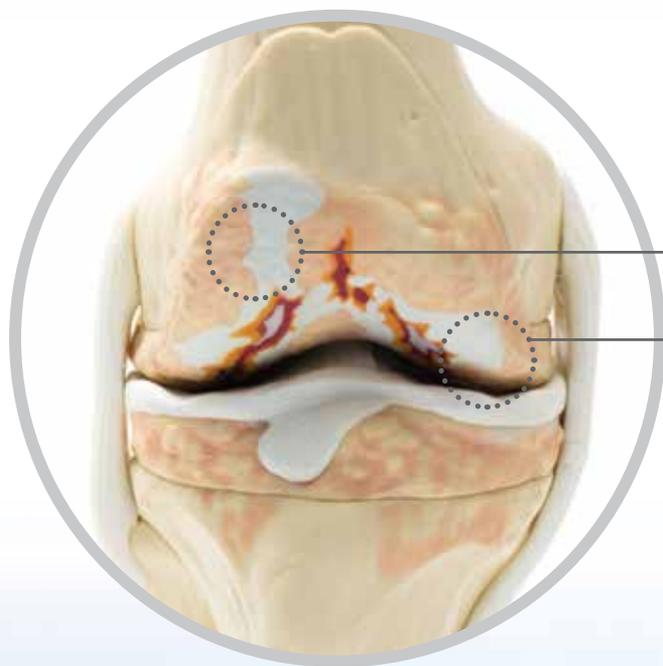
**Get long-lasting relief from  
osteoarthritis (OA) knee pain  
with just 3 injections<sup>1</sup>**

[www.TRILURON.com](http://www.TRILURON.com)

## Knee osteoarthritis (OA)

# What is it?

OA is a common condition that causes joints—such as the knee—to become stiff and painful. If you have been diagnosed with knee OA, you are among the 14 million Americans living with this condition.<sup>2</sup>



## How knee OA develops

In a healthy knee, smooth cartilage covers and protects the ends of bones in the joint, allowing them to glide smoothly as you move.<sup>3</sup>

→ In a knee with OA, cartilage that acts as a cushion between bones breaks down<sup>4</sup>

→ The joint space narrows, which may cause bones to rub together<sup>4</sup>

The thick, slippery fluid (synovial fluid) that lubricates and reduces friction in the knee becomes thin and less effective<sup>5</sup>

When the knee is affected by OA, it may no longer function smoothly and can result in pain and stiffness.



# Knee osteoarthritis (OA)

## Causes and Symptoms<sup>6</sup>

### There are many things that can contribute to getting knee OA

- ✗ **Age** The risk of developing knee OA increases with age
- ✗ **Family History** For some people a family history of knee OA may increase your risk
- ✗ **Overuse** Using the joint over and over in a job or sport can result in knee OA
- ✗ **Weight** Extra pounds put more stress on the knee joint
- ✗ **Gender** Women are more likely to develop knee OA than men
- ✗ **Injury** An injury to the knee joint can increase your chances of knee OA later in life

### If you have one or more of these symptoms, you may have knee OA

- ✗ Aches and pains in the knee joint, especially with motion
- ✗ Stiffness in the knee joint, especially in the morning or after resting
- ✗ "Grating" or "scraping" feeling on movement of the knee joint
- ✗ Limited range of motion
- ✗ Clicking or cracking sound when bending knee
- ✗ Muscle weakness or buckling (knee gives out)

If you think you may have knee OA pain, talk to your doctor. The sooner you speak with your doctor, the sooner you can begin treating your pain.



# Knee osteoarthritis (OA) Treatment Options

If you have knee osteoarthritis, your doctor may recommend exercise and weight loss to help reduce knee pain and stiffness.<sup>7</sup> Exercises that strengthen muscles and improve stamina may be most effective.<sup>7</sup> You should avoid activities that cause excess pain in your joints.<sup>8</sup>

Another option to relieve your knee pain is drug therapy such as non-prescription pain relievers (like acetaminophen) or drugs that reduce inflammation, including ibuprofen, aspirin, or naproxen, or prescription medication such as narcotics. If these options do not work well enough, other treatments that may be considered include knee injections with a corticosteroid (cortisone) or a hyaluronate (like TRILURON<sup>®</sup>) or surgery.<sup>8</sup>

## Treatment with TRILURON<sup>®</sup>

TRILURON<sup>®</sup> is used to relieve knee pain due to osteoarthritis for people who do not get enough relief from simple pain medications (e.g., acetaminophen), exercise, and physical therapy. A clinical study has shown that TRILURON<sup>®</sup> is an effective treatment option for patients with knee OA pain.<sup>1</sup>

## When should you not take TRILURON<sup>®</sup>

You should not take this product if you have had any previous allergic reaction to TRILURON<sup>®</sup> or similar material, e.g., hyaluronate products. You should not have an injection into the knee if you have infections or skin diseases around the injection site.<sup>8</sup>

**Talk to your doctor to find out if TRILURON<sup>®</sup> is right for you.**

## What is TRILURON<sup>®</sup>?

TRILURON<sup>®</sup> is a viscous solution containing hyaluronate injected directly into your knee that acts like a lubricant and shock absorber.

Hyaluronan is a natural substance found in high amounts in your body's joint tissue and joint fluid.

**TRILURON<sup>®</sup> may provide up to 6 months of relief from OA knee pain with just 3 injections<sup>1</sup>**



**38%** reduction in pain from pre-treatment levels after 6 months<sup>1</sup>

TRILURON<sup>®</sup> was shown to provide long-lasting relief from OA knee pain in a clinical study in which patients were given 3 injections of TRILURON<sup>®</sup> once per week for 3 weeks.<sup>1</sup>



# Frequently Asked Questions<sup>8</sup>

How is TRILURON<sup>®</sup> given?

Your doctor will inject TRILURON<sup>®</sup> into your knee.

How many injections will I receive?

TRILURON<sup>®</sup> will be administered in a convenient 3-injection regimen, with each injection given 1 week apart.

How soon will I feel pain relief?

Your response to TRILURON<sup>®</sup> may vary, depending on the severity of your OA, degree of pain, and pre-existing medical conditions.

How long will pain relief last?

Three injections given at weekly intervals can provide most patients with long-lasting pain relief for up to 6 months. The duration of pain relief you experience may vary.

Can I repeat my treatment?

TRILURON<sup>®</sup> therapy can be safely repeated if your doctor feels it is appropriate. Please consult with your doctor to find out whether you can benefit from repeat treatment.

Can I take other medications?

TRILURON<sup>®</sup> has no known drug interactions. However, you should consult with your doctor before taking any other medications while being treated with TRILURON<sup>®</sup>.

What about side effects?

Local side effects sometimes seen with TRILURON<sup>®</sup> include joint swelling/pain, injection site pain, local skin reactions (rash, ecchymosis) and injection site warmth. Usually, these disappear within a few days of resting and/or applying ice.



# Knee osteoarthritis (OA)

## Exercising Tips

### Can exercise help manage my OA?

Yes, exercise is an important component of managing OA knee pain. A complete exercise program should include a combination of different types of workouts performed on a regular basis. Exercise may help your OA by keeping joints flexible, increasing muscle strength, and strengthening bones and ligaments. A good workout routine may also help you maintain a healthy weight, have more energy, and sleep better.

It can be tough to get started on an exercise program if you are in pain. It's best to start slowly and give yourself achievable goals. Keep a positive mindset and make it enjoyable.

### What exercises are best for my knee OA?

You'll find examples of simple exercises on the next 2 pages. These exercises are designed to stretch and strengthen the muscles around your knee. Before beginning each exercise, read through all of the instructions. While exercising, breathe normally and use smooth movements.

Remember to check with your doctor before starting a new exercise program. Your doctor will help you determine which exercises are best for you, how to warm up safely, and what exercises you should avoid.

Your doctor may refer you to a physical therapist or an occupational therapist. They can teach you about proper body mechanics (for example, how to lift a heavy object), joint protection, saving energy, and methods for relieving pain.

### Helpful exercise tips<sup>9-12</sup>

- Discuss your exercise plans with your doctor to put together a program that is right for you
- If possible, start your exercise program under the supervision of a physical therapist or qualified athletic trainer
- Choose an exercise program you enjoy and make it part of your regular routine
- Consider putting a heat pack on your joints before you begin exercising
- Start your exercise routine with stretching, flexibility, and range-of-motion exercises
- Use small, light weights or exercise bands when you begin strengthening exercises
- Go slowly and increase the difficulty of your exercise routine gradually
- If necessary, apply cold packs to sore muscles when you are finished exercising
- If your joints become painful, inflamed, or red from exercising, talk to your doctor; adjustments to your workout might be necessary



# Knee osteoarthritis (OA)

## Suggested Exercises

### Calf Stretch

1. Stand with your arms braced against a wall, both feet pointing straight ahead. Place your left/right foot several inches behind the other.
2. Bend your front leg. Keep both heels on the floor and your back leg straight. You should feel a slight pull in your calf. Hold for 30 seconds. Bend your back leg and hold for 30 seconds.



- Caution** • Don't lift your back heel
- Don't arch your back

### Quadriceps Stretch

1. Stand an arm's length from a wall. Look straight ahead.
2. Place your left/right hand against the wall. With your other hand, grasp the ankle of the foot on the same side. Gently pull your heel to your buttocks.
3. When you feel a mild stretch in your thigh, hold for 30 seconds.



- Caution** • Don't arch your back or bend forward
- Don't twist your back to reach your leg

### Step-ups

1. Stand with one foot on a 4-inch to 6-inch support (such as a block of wood) and the other foot flat on the floor.
2. Shift your weight onto the foot on the block, straightening that knee, and raise your other foot off the floor. Then slowly lower the foot until only the heel touches the floor.



- Caution** • Keep your weight on the foot on the block—don't push off from the floor
- Don't lock your knees

### Toe Raises

1. Stand with both feet flat on the floor, shoulder-width apart. If you need support, steady yourself with your hand on a ledge, wall, or table.
2. Raise both heels so you're standing on your toes. Hold for 30 seconds. Slowly lower your heels to the floor.
3. As you become stronger, stand on one foot at a time and raise that heel off the floor.



- Caution** • Don't lock your knees
- Don't arch your back

### Wall Slide

1. Stand with your back and head against a wall. Look straight ahead. Keep your feet shoulder-width apart and 6 to 8 inches from the wall. Relax your shoulders and tighten your stomach muscles.
2. Slowly slide straight down until you feel a stretch in the front of your thighs. Hold for 30 seconds. Slowly slide back up.



- Caution** • Don't let your knees go forward past your toes
- Don't let your buttocks sink below your knees

### Leg Lunge

1. Stand with your feet shoulder-width apart.
2. With your left/right foot, step out and lower yourself into a comfortable position. Keep your back straight and your feet pointing straight ahead. As you step, the heel of the other foot lifts off the floor. Return smoothly to your starting position.



- Caution** • Don't lunge so far that your rear knee touches the floor
- Don't let your forward knee go past your toes

**If you feel any pain, stop the exercise.  
If pain persists, call your doctor.**



# Knee osteoarthritis (OA)

# Indication and Safety

## Indication

TRILURON® is used to relieve knee pain caused by osteoarthritis. It is used for patients who do not get adequate pain relief from simple pain relievers or from exercise and physical therapy.

## Important Safety Information

Before receiving TRILURON®, tell your doctor if you are allergic to hyaluronan products or have an infection or skin disease in the area of the injection site. Tell your doctor if you think you are pregnant or if you are nursing a child or if you are allergic to bird proteins, feathers or egg products. TRILURON® is not approved for relieving pain in other joints besides the knee or for injection with other substances in your knee joint. TRILURON® has not been tested in pregnant or nursing women or children. The effectiveness of repeat treatment cycles has not been established. Injections must only be given by trained and licensed healthcare professionals. Talk to your doctor before resuming strenuous or prolonged weight-bearing activities after treatment.

The side effects most commonly seen after injection into the knee joint are knee pain, discomfort, swelling, fluid in the joint, warmth or redness at the injection site. These symptoms usually disappear within a few days by resting the injected knee and applying ice. Sometimes these side effects may be more severe and last longer.

## Important Safety Information (cont'd)

Signs of an allergic reaction may include rash, itching hives, flushing, swelling of your face, tongue or throat, difficulty breathing or swallowing and shortness of breath. If any of these symptoms or signs appear after you are injected, or if you have any other problems, contact your doctor. Please visit [www.TRILURON.com](http://www.TRILURON.com) for Full Prescribing Information including indications, contraindications, warnings, precautions and possible side effects.

Rx Only.

## Reimbursement Support

TRILURON® is covered by Medicare and most insurance plans.

For more product information, please call 1-866-749-2542.





# TRILURON<sup>®</sup>

*sodium hyaluronate*

Ask your doctor about TRILURON<sup>®</sup>

Shown to effectively reduce  
osteoarthritis knee pain in a clinical study<sup>1</sup>

May provide up to 6 months  
of relief from osteoarthritis knee pain<sup>1</sup>

Please see Full Prescribing Information  
at [www.TRILURON.com](http://www.TRILURON.com)



ALWAYS MOVING FORWARD

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