Restore Tendon Function

What is OSTENIL® TENDON?

OSTENIL® TENDON is highly concentrated hyaluronic acid (2%). Hyaluronic acid is present in the body wherever moisture is stored or lubrication between layers of tissue is required to eliminate friction. Examples are the tear film, the mucous membranes of the body, the synovial fluid in the joints, and the skin.

The hyaluronic acid in OSTENIL® TENDON is produced by a non-animal based biotechnological process. The molecular structure closely mimics human hyaluronic acid, which is why OSTENIL® TENDON is well tolerated.

How does OSTENIL® TENDON work?

The lubricating characteristics of hyaluronic acid increase tendon gliding and reduce agglutinations (stickiness). The tendon can work again as if well-oiled. Furthermore, hyaluronic acid:

- blocks pain receptors
- hinders inflammatory mediators
- is a good transport medium for nutrients

OSTENIL® TENDON ensures a harmonisation of the tendons and the surrounding structures, reduces pain and increases joint function.

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Tendon disorders as a result of wear and tear, overuse or incorrect load bearing

Patient Information

What is tendinopathy?

Tendinopathy is a disease of the tendon caused by wear and tear, overuse, or incorrect use of the joints in the body. Tendons connect muscle to bones, and although tendinopathy is generally non-inflammatory, it can lead to pain and reduced mobility.

What causes tendinopathy?

Tendons transmit the power of the muscles onto the bones. This often causes a strong leverage effect and strains the tendons by a power many times higher than the actual body weight. Prolonged activity, repetitive movements or incorrect load bearing can all lead to irritation and inflammation, combined with pain and reduced mobility. Treatments are usually a lengthy process.

The most well-known tendons are the Achilles tendon (the largest tendon in the human body found at the heel), the biceps tendon, the tendons in the hand, and the elbow tendon. Many tendons can be felt quite easily and their anatomical function clearly seen.

OSTENIL® TENDON

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Focal point: tendon sheath

Wherever muscle power is directed around a corner to reach the intended bone, the human body uses tendon sheaths. These are filled with a fluid very similar to synovial joint fluid and can be considered as protective friction bearings, helping guard the tendon from mechanical stress as it glides across bony structures. When healthy, the tendon sheaths ensure a smooth gliding of the tendon around the corner. But the stress at this point is particularly high, which can cause tendinopathy in the tendon sheath.

How is OSTENIL® TENDON administered?

The treatment itself takes very little time. Your doctor will give you an injection into the area around the most damaged part of the affected tendon, usually employing some form of visual guidance equipment such as Ultra-Sound, which helps ensure the injection is placed correctly. In the case of tendons within a tendon sheath, he will inject OSTENIL® TENDON into the tendon sheath itself. In either case, the lubricant will be distributed through natural movement along the entire tendon. A repeat injection, normally given a week after the first, may be required in more established and persistent tendon disease.

What can you expect from treatment with OSTENIL® TENDON?

In studies done in Germany the treatment scheme described above has proved to be effective and safe. In most cases there is a quick and long-lasting improvement of joint function. Several tendons may be treated at the same time. If symptoms return the treatment can be repeated.

OSTENIL® TENDON was developed with substantial co-operation of German orthopaedic and trauma surgeons, and is CE certified as a medical device.