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EFFICACY AND SAFETY OF A SINGLE INTRAARTICULAR INJECTION OF 2% SODIUM HYALURONATE + MANNITOL IN KNEE OSTEOARTHRITIS OVER A 6-MONTH PERIOD

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Objective: To evaluate the safety and efficacy of a single intraarticular injection of 2% hyaluronic acid (HA) + 0.5% mannitol in symptomatic knee osteoarthritis. **Methods:** A pilot, multicentre, open, non-comparative study was performed. Eighty patients with painful knee osteoarthritis were included. They received one injection of 2 ml of 2% HA + 0.5% mannitol (Day 0) and were followed-up for 6 months, with assessments on Days 0, 15, 30, 60, 90, 120, 150 and 180. Clinical evaluation of pain and joint function were performed using a visual analogical scale (VAS) and WOMAC index. The opinion of both the investigator and the patient on efficacy and safety was recorded. Rescue medication was also quantified. **Results:** A significant reduction in joint pain, stiffness and functional disability compared with baseline was observed at every follow-up visit ($p < 0.001$), starting on Day 15. Joint pain improved by 40.7% (VAS) and 38.7% (WOMAC) on Day 30, reaching 46.5% and 47.5% on Day 180, respectively. Habitual rescue medication intake decreased from 58.2% at baseline to 2.5% on Day 90 and increased at the last visits. Efficacy and safety evaluations by investigators and patients were considered excellent throughout the study. No serious adverse events were observed. Mild side effects were reported on Day 15 in 4 patients (local pain and swelling in the area of infiltration). **Conclusions:** One single intraarticular injection of 2% HA + mannitol is effective in reducing pain and improving joint function in patients with knee osteoarthritis over a period of at least 6 months.