

Medical Aid Position Statement

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| Date: | May 2017 |
| Medical Aid Type: | Viscosupplementation/intraarticular hyaluronic acid injection of the shoulder, hip, knees and ankles |
| Position: | Not Funded |
| Reviewed By: | Dr. Paul Eagan- CMO |

Rationale: The American Academy of Orthopaedic Surgeons has produced evidence-based guidelines which have critically assessed the use of viscosupplementation (Synvisc®, Durolane®, Monovisc® and similar agents) in the management of joint disease. Intraarticular hyaluronic acid injection is not supported for the management of osteoarthritis of the knee (AAOS, 2013) or hip (AAOS, 2017) due to lack of long term benefit of this treatment.

AAOS states that there is limited evidence that viscosupplementation is of benefit for shoulder arthritis (AAOS, 2009) on the basis of one, industry supported study (Silverstein, Leger, & Shea, 2007). MD Guidelines in its systematic review of the medical literature (MD Guidelines, 2017) does not recommend viscosupplementation for osteoarthritis of the shoulder as there is insufficient evidence to support this treatment.

A 2015 Cochrane review examining the role of hyaluronic acid and other non-surgical treatment options for ankle osteoarthritis (Witteveen, Hofstad, & Kerkhoffs, 2015). The authors concluded that it was unclear whether there is a benefit or harm associated with viscosupplementation as a treatment for osteoarthritis of the ankle compared to placebo at six months based on a low quality of evidence. Inconclusive results were found comparing viscosupplementation to other treatments.

References

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Witteveen AGH, Hofstad CJ, Kerkhoffs GMMJ. Hyaluronic acid and other conservative treatment options for osteoarthritis of the ankle. *Cochrane Database of Systematic Reviews* 2015, Issue 10. Art. No.: CD010643. DOI: 10.1002/14651858.CD010643.pub2