



nSTRIDE[®] Autologous Protein Solution

Post-Treatment Guidelines

AA Autologous
Anti-Inflammatory
Treatment

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Your progress. Our promise.[®]



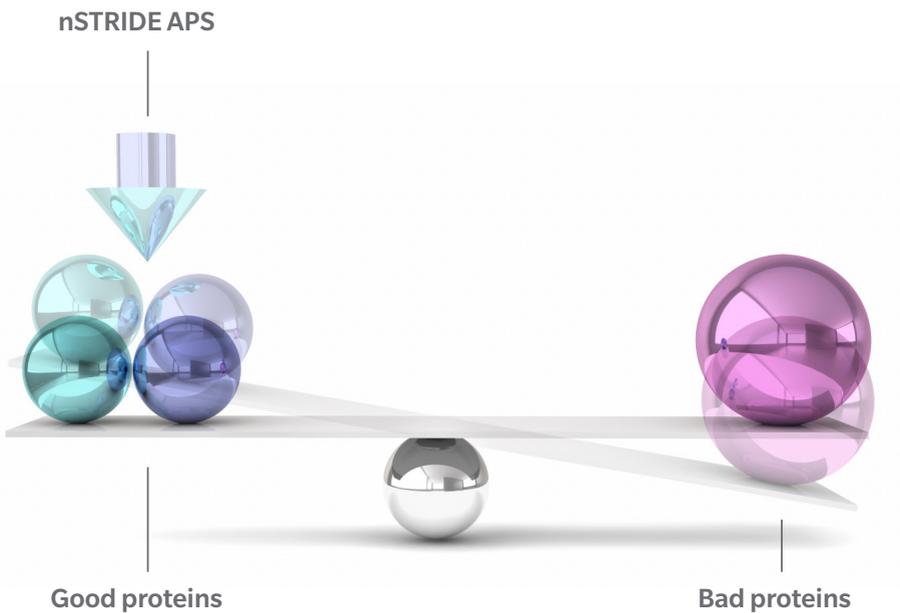
This Autologous Anti-Inflammatory treatment may help you get back to doing the things you love to do!

You could be on your way to improving your knee joint health with nSTRIDE APS!

The nSTRIDE APS injection treatment you received is designed to alleviate pain and bring balance back to your inflamed knee joint by introducing high levels of “good” proteins concentrated from your own blood. These good proteins can block the “bad” proteins responsible for the inflammatory condition in your joint. At the same time, nSTRIDE APS also concentrates growth factors which are beneficial for cartilage health.¹⁰

nSTRIDE APS can reduce pain in the knee joint, improve joint function and may slow the destruction of cartilage.^{16,9^}

Bringing balance back to your knee joint



Post Treatment Guidance

What can you expect?

Day of Injection

Following the injection you may experience some side effects e.g., generalized swelling in the joint, bruising, local pain associated with the blood draw, or knee injection. For more complete product information on indications, contraindications, warnings, precautions, potential adverse effects and patient counselling information, see the package insert or contact your local representative; visit www.zimmerbiomet.com.

Immediate Post-Treatment Period

First 4-5 days you may experience pain in the injection site or in the knee or both. For pain management, nonsteroidal anti-inflammatory drugs (NSAIDs) are not recommended but other analgesics such as paracetamol can be taken.



Contact your doctor:

If you experience swelling with redness and warmth in the joint or at the injection site.



What can you expect?



Pain situation



Day of injection



Immediate Post-Treatment Period (4-5 days)

Soreness around the injection - rest your knee

Knee may be slightly more sore

Post-Treatment Period

There is no cure for OA.¹⁵ But successful treatment with nSTRIDE APS can reduce or relieve your pain, which may increase your mobility and comfort.^{11, 16, 18} nSTRIDE APS may decrease or eliminate pain, reduce stiffness and help restore mobility and flexibility.^{11, 16, 18} In general, it is recommended that you minimize your activity level for 14 days and not exceed pre-injection activity levels. At a minimum, activities, including walking, should be limited for the first 4-5 days or this could result in inflammation and swelling of the joint. Training and sports should be avoided for at least for 4-5 days following treatment and ideally, throughout the entire post-treatment period (14 days). This is particularly important if you normally participate in high-intensity or long-distance sports or training.



Contact your doctor:

If at any time you experience pain that is different from the pain that you had prior to the injection.

Pain Reduction Period

Following the Immediate Post-Treatment Period (4-5 days) you can expect a small reduction in swelling, stiffness and pain. Pain relief may be expected after one to two weeks,^{11, 16, 18} but for most patients, pain relief normally occurs between 4-8 weeks after treatment.

A significant reduction in pain may take up to 8 weeks to appear and can occur suddenly or gradually.



Contact your doctor:

If you do not have pain relief after 8 weeks.



Post-Treatment Period
(6-14 days)



Pain Reduction Period
(4-8 weeks)



May not notice much improvement during this time

Knee joint should respond and you may notice an improvement



Living with Osteoarthritis

Osteoarthritis negatively impacts quality of life through pain and limited mobility, reducing the ability to work and diminishing self-esteem.⁴⁻⁵

To optimize the reduction in pain so you can go back to doing the things you love to do, the nSTRIDE APS treatment should be used together with a specific and comprehensive rehabilitation and training program for knee osteoarthritis. Studies have shown significant improvements in pain and quality of life when OA patients follow a training program.^{11, 16, 18}

Early Interventions

Low-impact exercise

Regular low-impact exercise, including joint and muscle exercises, can improve strength and flexibility. A common myth is that exercise will “wear out” joints, however, when done properly, low-impact exercise, such as walking or jogging, may actually reduce pain and fatigue and increase movement.

Weight management

Weight loss helps to ease pain by reducing the amount of stress on your joints. After all, your knees bear the full load of your weight plus everything you carry. According to the Arthritis Foundation, every pound of excess weight applies about four pounds of extra pressure to your knees.²

Physical and occupational therapy

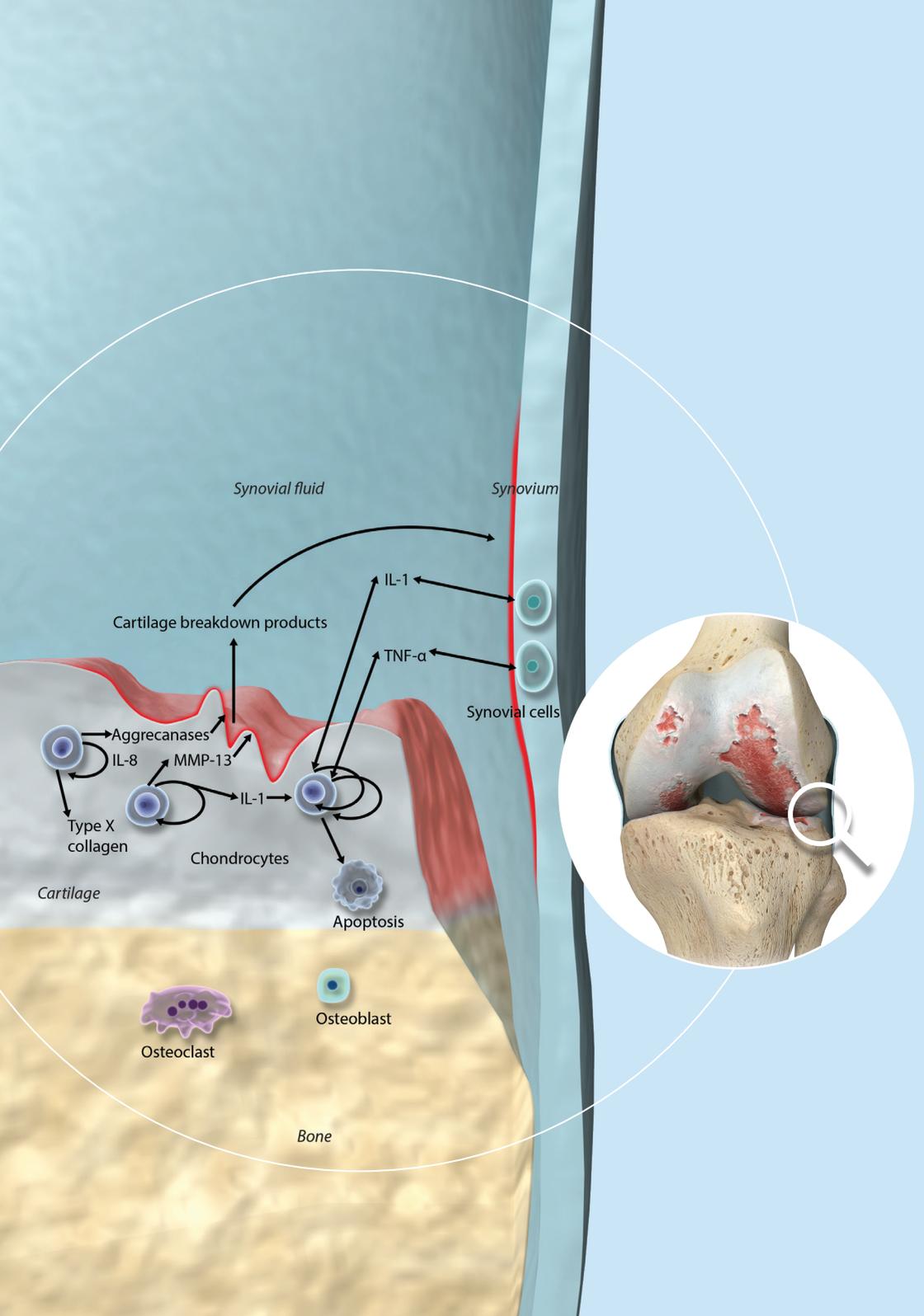
Physical therapists can work with you to create a personalized exercise program and show you how to use therapeutic heat and massages to potentially reduce pain. In addition, occupational therapists can introduce you to beneficial devices, such as those used to elevate chair or toilet-seat height.

Assistive devices

You can protect your knees by using a cane or other walking aid to keep from putting excess stress on them. Shoe inserts called orthotics are designed to support, align and improve the function of your foot. In turn, they may lessen the pressure on your knees.

Bracing

Different types of braces may help reduce knee pain and improve function and mobility. A “support” brace supports the entire load on your knee, and an “unloader” supports the weight on only one side of the knee, when only one side of the knee is damaged.



Science Behind nSTRIDE APS

In an osteoarthritic knee, inflammatory cytokines (“bad” proteins) outnumber anti-inflammatory cytokines (“good” proteins) causing an imbalance resulting in knee pain and cartilage degeneration.¹²

The inflammatory proteins IL-1 and TNF- α attack the cartilage.¹² These “bad” proteins must be stopped simultaneously to decrease pain and slow cartilage degeneration.¹²

The nSTRIDE APS output introduces high levels of “good” proteins that can block the inflammatory cytokines (bad proteins).^{13 ^}

Laboratory and animal studies have shown that nSTRIDE APS has slowed cartilage degeneration, unlike some traditional therapies. Human studies have also shown that nSTRIDE APS has decreased pain.^{8, 9, 11, 13, 16, 17, 18 * ^}

While balance is being restored to the knee, anabolic (building) growth factors (IGF-1 and TGF-1) are also introduced for beneficial cartilage health.⁹

Therefore, nSTRIDE APS is a novel therapy that can reduce pain in the knee joint and improve joint function. nSTRIDE may also slow the destruction of cartilage.^{16, 17, 18 * ^}

This treatment is provided in a single injection in the doctor’s office.



Significantly reduces
pain associated
with knee OA up to
3 years from a single
injection. ^{16, 17,**}

How long can I expect the benefits to last?

Clinical studies have demonstrated that the effectiveness of one injection can last up to 24-36 months.^{16, 17, **}



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- * **Animal studies are not necessarily indicative of clinical performance.**
^ **Laboratory testing is not necessarily indicative of clinical outcomes.**
** **As measured by WOMAC pain scores reported by patients continuing follow-up through 3 years (n=19) 19 out of the original cohort of 31 patients.**

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