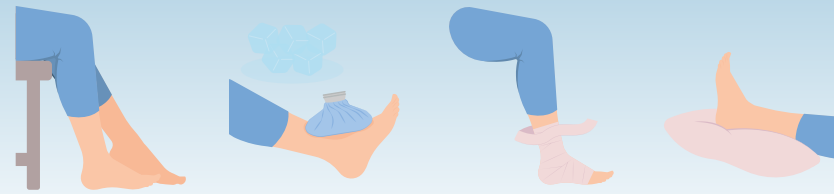


Management

If there are no symptoms of serious injury, the **R-I-C-E** method can be used to relieve pain and inflammation and to speed recovery.¹



R

REST

Raise the affected body part above the level of the heart.

I

ICE

Apply an ice pack for 15-20 minutes 4-8 times a day for the first 48 hours. Do not apply ice directly to skin.

C

COMPRESSION

Wrap the affected area with a stretch bandage. Do not leave the bandage on overnight.

E

ELEVATION

Apply an ice pack to the affected area, every 2-3 hours within the first 48 hours of the injury

If you experience ongoing pain, discomfort or reduced range of movement following your injury please speak to your healthcare provider. If suitable you may be able to have one of the following injections to help restore the joint fluid and improve function.



Sinovial HL 32



Hands



Wrists



Ankles



Feet



Sinovial HL 64



Knees



Shoulders



Sinogel



Knees



Hips



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Our osteoarticular portfolio includes a wide range of intra-articular devices, including the newest hybrid cooperative complexes of hyaluronic acid obtained through a patented thermal process that mimics viscoelastic properties that are within the range of healthy synovial fluid, increasing the mobility and reducing the pain.¹



For more information please speak to your
Healthcare Professional or visit www.sinovial.co.uk

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Job bag: UKSNP00008 Date of preparation: January 2024



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Sports Injuries

Move freely - Live fully™

The information provided in this leaflet is intended to supplement, not replace the advice and treatment from you healthcare provider. It is designed to assist in understanding your medication and health condition but does not substitute for professional medical advice, diagnosis or treatment.



Sports Injuries

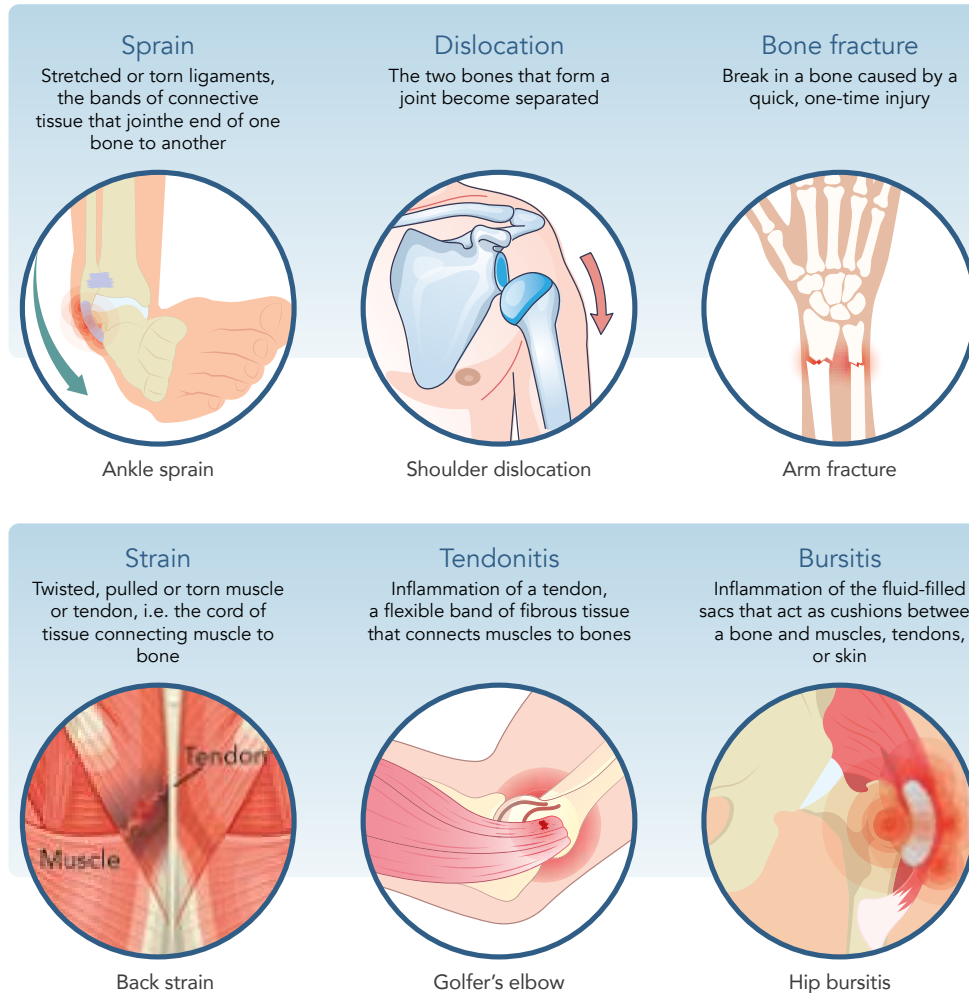
The term “sports injury” refers to injuries that most commonly occur during sports or exercise, but they are not limited to athletes. Factory workers get tennis elbow, painters get shoulder injuries, and gardeners develop tendonitis, even though they may not participate in sports.¹

Overview



Types of musculoskeletal injuries¹

Osteoarthritis (OA) is a chronic disease and, other than joint replacement surgery, there is presently no cure. However, available treatments can reduce pain, improve function, and, in certain cases, delay disease progression.^{1,2}



SOURCES

1. NIH. Sports Injuries - www.niams.nih.gov/health-topics/sports-injuries (Accessed 03/2023) - 2. Abou-Elmagd M. Common sports injuries. IJPESH 2016; 3(5):142-8 - 3. Johns Hopkins Medicine. Health. Preventing Sports Injuries - www.hopkinsmedicine.org/health/conditions-and-diseases/sportsinjuries/preventing-sports-injuries (Accessed 03/2023)

Sports injuries can result from accidents, poor training or warm-up techniques, inadequate equipment, or overuse of a particular body part.²

Prevention³

