

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



Your partner in musculoskeletal health...

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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Sports Injuries

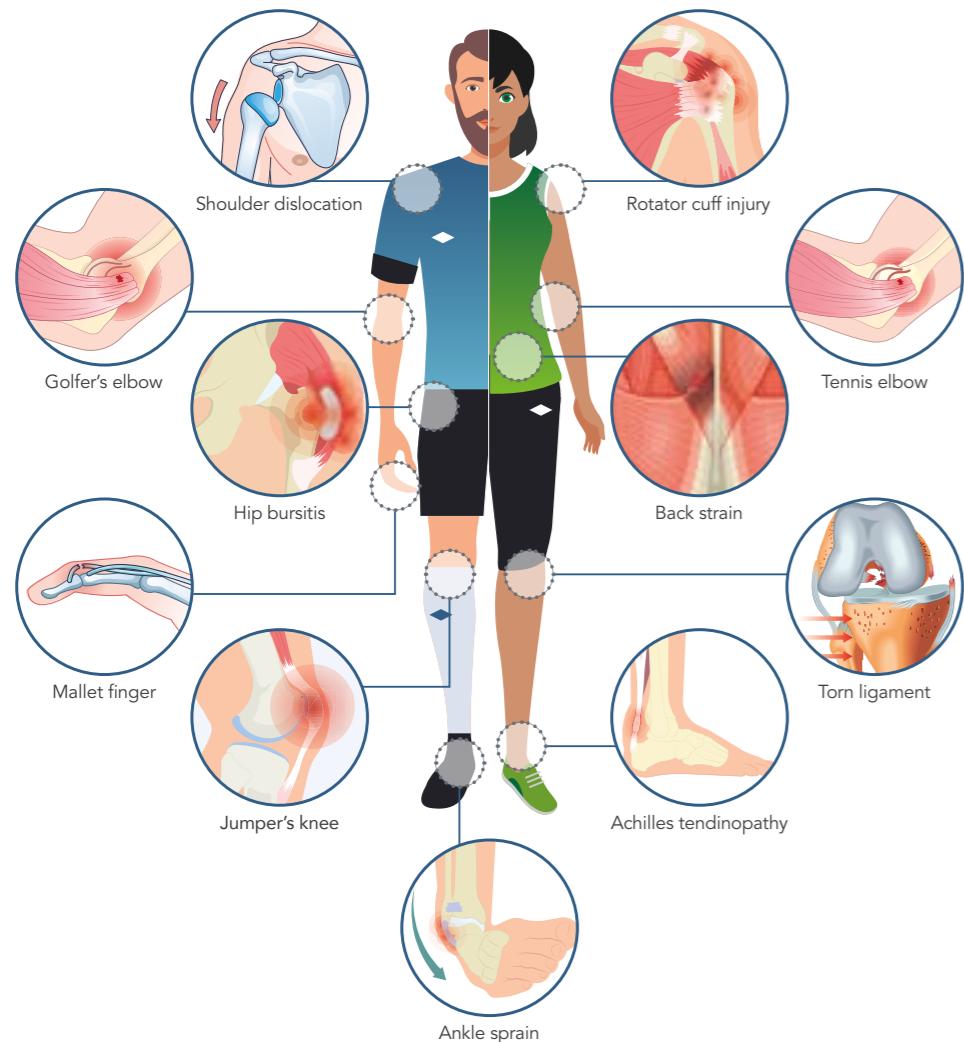
Move freely - Live fully™



Sports Injuries

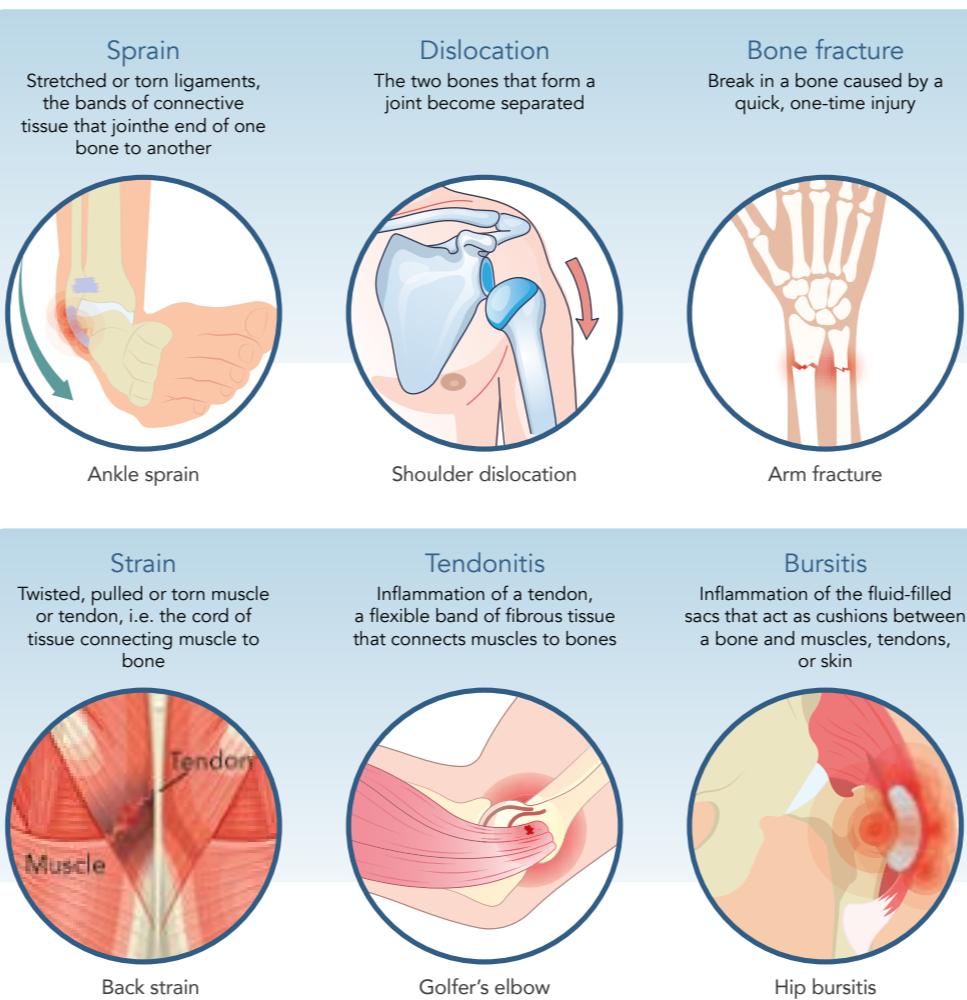
The term "sports injury" refers to injuries that most commonly occur during sports or exercise, but they are not limited to athletes. Factory workers get tennis elbow, painters get shoulder injuries, and gardeners develop tendonitis, even though they may not participate in sports.¹

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

