

Joint Pain?

One injection.

Rapid relief. Lasting support



Targeted relief. Lasting support.
Helping you to keep moving.

What is CINGAL?

CINGAL is an advanced hybrid injection that combines two proven components - hyaluronic acid and a corticosteroid - to relieve pain quickly (within 48hr) and effectively, while improving mobility in your knee.

One injection. Dual action. Rapid relief



Hyaluronic Acid (HA)

Supports and protects arthritic joints, helping with movement, cushioning and longer-term pain relief and joint health. The HA in Cingal is clinically trusted and proven MONOVISC



Corticosteroid

Targets inflammation and can provide rapid relief, particularly when the knee is swollen or irritated - known as synovitis.

What CINGAL can offer you;



Fast pain relief

Relief within 48hr, with 89% of patients reporting benefit at 1 week. ¹



Longer lasting

92% of patients experience benefits beyond 6 months. ¹



Joint protecting

A formulation that reduces risk of cartilage harm, compared with steroid alone. ²



Clinically trusted

Used by healthcare professionals worldwide, over 1 million times

Ask your clinician about CINGAL.

Together, you can decide if it's right for you.

CINGAL may be suitable if you:

- Have joint pain caused by osteoarthritis
- Need fast relief from inflammation and discomfort
- Want to improve mobility and quality of life
- Prefer a longer term treatment option

1 - Hangody L, et al. Cartilage. 2018;9(3):276–283.

2 - Bauer C, et al. Biomedicines. 2022;10(7):1733.

Understanding Common Joint Pain & Osteoarthritis Terms

Here we explain some of the words you may hear when discussing osteoarthritis and treatment options such as Cingal.



Osteoarthritis

Osteoarthritis is a common condition that can effect all joints. It happens when the joint becomes worn and irritated over time, leading to pain, stiffness, swelling, and reduced movement. Symptoms can change from day to day and vary from person to person.



Cartilage

Cartilage is a smooth, cushioning layer that covers the ends of bones inside a joint. It allows the joint to move smoothly and helps absorb everyday impact. In osteoarthritis, cartilage can become thinner or wear away.



Inflammation

Inflammation is the body's natural response to irritation. It can cause pain, warmth, swelling, and stiffness. Ongoing inflammation inside the joint often plays a key role in osteoarthritis symptoms and further deterioration



Hyaluronic Acid

Hyaluronic acid is a natural substance found in healthy joints. It helps lubricate and cushion the joint so movement feels smoother and more comfortable. In osteoarthritis, the amount and quality of hyaluronic acid in the joint may be reduced.



Joint Fluid

Joint fluid is a slippery liquid inside the joint that helps reduce friction and supports smooth movement. Hyaluronic acid is one of its key components, nourishing the joint environment and helping to maintain healthy cartilage.



Viscosupplementation

Viscosupplementation is a treatment that involves injecting hyaluronic acid into the effected arthritic joint. It aims to improve joint lubrication and cushioning, which may help with comfort and movement.



Symptom Management

Symptom management means finding ways to reduce pain and stiffness and maintain movement. This may include exercise, weight management, medicines, injections, or a combination of approaches. Some people also find 'supports and bracing' helpful to aid physical activity



Mobility

Mobility refers to how easily you can move your joints and carry out everyday activities like walking, standing, or climbing stairs. Joint stiffness is a key part of osteoarthritis, but options like Cingal can help to lubricate joints as well as ease pain, improving mobility



Weight Bearing Joint

A weight-bearing joint is one that supports the body's weight, such as the knee. These types of joints are often more affected by osteoarthritis, with painful flare ups during normal every day activities more likley.



Flare Up

A flare-up is a temporary worsening of knee symptoms, such as increased pain or stiffness. Flare ups can happen for many reasons and usually settle over time. Mild cold and compression can sometimes help certain patients



Corticosteroid (Steroid)

A corticosteroid is a medicine used to reduce inflammation and pain. When injected into a joint, it can help relieve symptoms more quickly, particularly when inflammation is contributing to pain, but used alone can last a short period of time



Clinical evidence

Clinical evidence is really important. It is information collected during medical research and patient care. It helps us understand how well a treatment works, how long the benefits may last and what side effects can potentially occur.

Understand your options.
GO AGAIN.

jointpainfreedom.co.uk



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