



Talking about your joint pain

Ever felt like you forget a lot of what you want to say in the appointment with your clinician? Make the most of your appointment. Use these questions to discuss your symptoms, your treatment options and what matters most to you.

Start with your symptoms

- What could be causing my joint pain?
- Do I have osteoarthritis, or is it an injury?
- Do I need any tests or scans?
- What changes should I tell you about?

Mention pain, stiffness, swelling and any effect on **sleep** or **daily life**.

Understand your options

- What can I do myself to help?
- Could exercise, physiotherapy or weight management play?
- Would a support or brace be useful?
- Could an injection be appropriate?
- What are the alternatives?
- Can treatments be combined?

If an injection is discussed

- Which injection do you recommend?
- How do Cingal and Monovisc differ?
- What improvement is realistic for me?
- What are the risks and side effects?
- What would it cost?
- What is clinical history of the injection?
- What is chance of success?

Your questions and next steps

Writing down your questions before your appointment can help you feel more prepared and make the most of your conversation.

Agree a plan together

- What should I do before and after treatment?
- How should I build up activity?
- When should we review my progress?
- Whom should I contact if I am worried?
- What happens if I do not improve?

Write down the agreed next step and review date.

What matters most to you?

What would you like to do more comfortably:
Walking, sleeping, work, or sport?

Consider:

- What are my main goals?
- What gets in the way of achieving them?

Moving Forward

Osteoarthritis affects everyone differently. Understanding your condition and your treatment options can make decisions feel easier and more manageable.

If knee or pain within other joints is affecting your daily life, talk with your specialist about whether Cingal, Monovisc or Orthovisc could be part of your treatment plan.

