

USE OF HYALURONIC ACID IN TROCHANTERIC BURSITIS TREATMENT

Paulo Cesar Hamdan, MSc.

Professor of the Orthopedic Department of Federal University of Rio de Janeiro – UFRJ
Medical Director of the Rheumatological and Physiatry Orthopedic Center - CORF, Rio de Janeiro.

Presidente da ASUETI
Head do Grupo VISCOSUR
EX-Presidente da ABETI



Trochanteric bursitis (TB) is a common cause of musculoskeletal pain, with partially clarified etiology, requiring medical intervention and often treated with anti-inflammatory, physiotherapy and steroid infiltrations.

OBJECTIVES: To present our results of a longitudinal study with the intervention of 1 ml of sodium hyaluronate (10 mg / 1 ml) guided by ultrasonography (IAH / USG) in patients with TB.

METHODS: Thirty women, housewives, with clinical and ultrasonographic diagnosis BT, selected in the outpatient clinic of rheumatology of the CORF, by: pain defined in Visual Analogue Scale - EVA (cut off ≥ 6); pain exacerbated by local pressure digit; bursal distension (DiBu) observed in the ultrasound examination (cut-off ≥ 5 mm), defined as a PRE moment, then treated with IAH / USG and reassessed at moments POST: 7; 15; 30; 60 and 90 days.

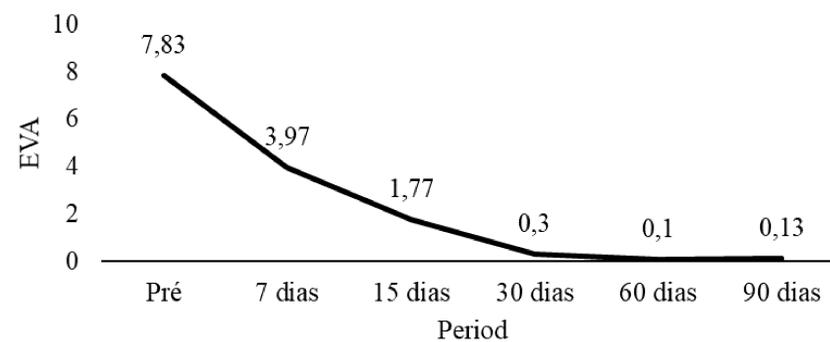
OUTCOMES: Primary - Reduced pain and DiBu between moments. Secondary - use of rescue medication - Arnica Montana D2 + Association (Traumeel®) or the need for new AHI, at the any POST moments.

COMMENTS: The treatment reduces pain and DiBu, in almost 30 days with a correlation between pain and dilatation, in almost all periods, being stronger at the beginning of the treatment. No patient reported using rescue drugs. However, we noticed the presence of some degree of muscle steatosis and atrophy in all the patients studied.

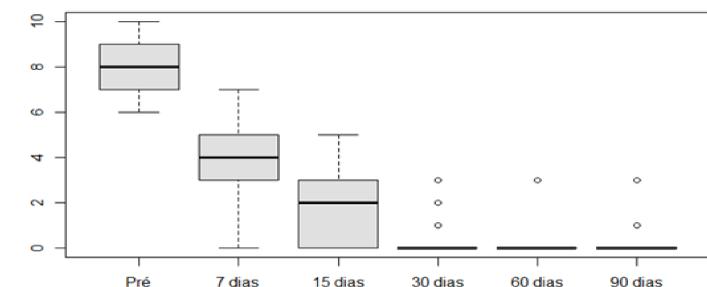
CONCLUSION: The use of AHI in the treatment of TB has been shown to be effective, safe and with a sustainable effect.

RESULTS: Mean \pm SD in pain PRE = 7.83, POS 7 = 3.97, POS 15 = 1.77, with p-value <0.001 . Mean \pm SD on bursal dilatation PRE = 7.62, POS 7 = 3.80, POS 15 = 2.20 a of POS 30 onwards = 1.70, with p-value <0.001 . A second IAH / USG was required in Post 7, 13% of patients by DiBu and 2% by pain, above the cut off.

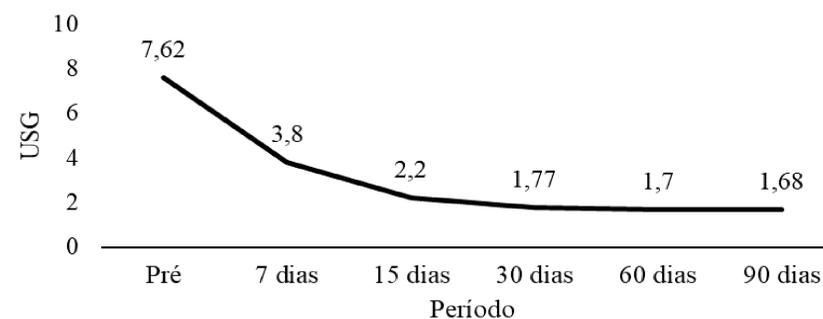
Visual analog scale (VAS) averages over time



Boxplot for VAS according to time



Averages for ultrasound examination (USG) over time



Boxplot for USG according to time

