

# BRAZILIAN CONSENSUS STATEMENT ON VISCOSUPPLEMENTATION OF THE HIP

(COBRAVI-Q)

Eduardo Branco de Sousa<sup>1</sup>, Paulo César Hamdan<sup>2</sup>, Zartur José Barcelos Menegassi<sup>2</sup>, Adrieni Antunes do Amaral Alchaar<sup>3</sup>, Antonio Martins Tieppo<sup>4</sup>, Caio Gonçalves de Souza<sup>5</sup>, Carlos Bruno Reis Pinheiro<sup>2</sup>, Cyro Scala de Almeida Júnior<sup>4</sup>, Eduardo de Melo Carvalho Rocha<sup>4</sup>, Fabiano Gonçalves Cunha<sup>6</sup>, Ivan Pacheco<sup>7</sup>, Marcia Uchôa de Rezende<sup>5</sup>, Márcio Passini Gonçalves de Souza<sup>5</sup>, Marcos Britto da Silva<sup>2</sup>, Gustavo Constantino de Campos<sup>8</sup>

1. Instituto Nacional de Traumatologia e Ortopedia, Rio de Janeiro, RJ, Brazil. 2. Universidade Federal do Rio de Janeiro, Rio de Janeiro, RJ, Brazil. 3. Hospital Municipal Miguel Couto, Rio de Janeiro, RJ, Brazil. 4. Santa Casa de Misericórdia de São Paulo, School of Medicine, São Paulo, SP, Brazil. 5. Universidade de São Paulo, School of Medicine, Department of Orthopedics and Traumatology, São Paulo, SP, Brazil. 6. Hospital Santa Paula, São Paulo, SP, Brazil. 7. Hospital Moinhos de Vento, Porto Alegre, RS, Brazil. 8. Universidade Estadual de Campinas, School of Medical Sciences, Department of Orthopedics and Traumatology, Campinas, SP, Brazil.



Review Acta Ortop Bras . 2022 Nov 11;30(5):e250414. doi: 10.1590/1413-785220223005e250414. eCollection 2022.

## ABSTRACT

### OBJECTIVE

The Brazilian Consensus on Hip Viscosupplementation aims to generate a referential and consensual source from the theoretical knowledge and clinical experience of specialists in the field.

### METHODS

A multidisciplinary panel was formed with 15 specialists (sports medicine, orthopedists, physiatrists and rheumatologists), based on clinical and academic experience in the use of viscosupplementation of the hip. 12 statements were prepared, discussed and voted. Each panelist gave a value between 0 and 10 on a Likert scale, specifying their level of agreement with the statement.

### RESULTS

The panel reached a consensus on several aspects of viscosupplementation of the hip, with emphasis on the following statements: best indication is for mild to moderate hip arthrosis; it may be indicated in severe osteoarthritis; results may vary according to the characteristics of the viscosupplement used; Viscosupplementation should not be performed as an isolated procedure, but in conjunction with other rehabilitation and pharmacological measures; best injection technique should be based on anatomical references coupled with imaging guidance; it is a cost-effective procedure.

### CONCLUSION

Viscosupplementation is a safe and effective therapy for hip osteoarthritis, even in severe cases. Guided injection is recommended. Level of Evidence V, Expert Opinion.