

April 2021 News Update

DECREASED PAIN AND SWELLING AFTER KNEE ARTHROSCOPIC LOOSE BODY REMOVAL

Quicker Progression of Therapeutic Exercises and Return to Football for a Professional Athlete

Patient Details:

- 26-year-old male arena football player.
- Chronic right knee pain with acute increase in pain at posterior and lateral aspect.
- Mild swelling. No gross instability noted. Reports “locking” when trying to cut or change positions during football.
- Previous surgery: meniscus repair in 2000.
- Patient desired to continue playing football for 2-4 years.

Interventions and Outcome:

- Operative procedure: Right knee arthroscopic surgery, loose body removal, patellar and tibial osteophyte excision, debridement, and hyaluronan injection.
- Pain meds: hydrocodone 10mg 1-2 times daily.
- Pain score: 8/10 on a 0-10 scale.

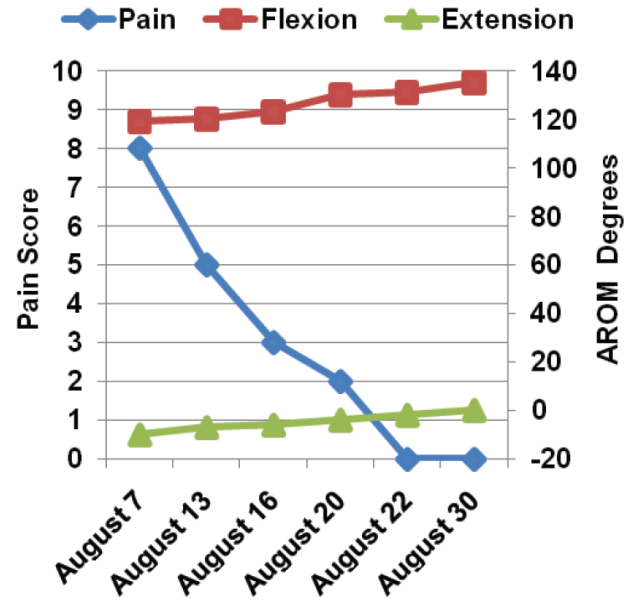
Alternative Pain Relief Intervention:

- Patient initiated Provant Therapy 5 days after surgery and treated at home for 3½ weeks in conjunction with prescribed therapeutic exercises.
- After 3½ weeks of Provant, pain and swelling were significantly decreased, muscle bulk increased, and active range of motion improved.

- Pain score dropped from 8/10 to 0/10.
- Pain meds discontinued the first week with Provant Therapy.
- Patient was able to quickly return to his football training regimen.

	Before Provant	After Provant
Pain Score 0-10	8/10	0/10
Pain Meds	Hydrocodone 10mg 1-2 times daily	None
Quality of Life	Concern for ability to play football for 2-4 more years	Tolerated quicker progression of exercises Able to accelerate return to football training

	Pain	Flexion	Extension
August 7	8/10	119°	-10°
August 13	5/10	120°	-7°
August 16	3/10	123°	-6°
August 20	2/10	130°	-4°
August 22	0/10	131°	-2°
August 30	0/10	135°	0°



For post-operative pain relief, consider Provant®. Provant is proven in clinical trials and real-world patient experiences to provide meaningful pain relief and improved quality of life. To learn more, please contact your Regenesys Biomedical representative, call 877-970-4970, or visit www.regenesysbio.com.

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