HIP INTRA-ARTICULAR INJECTION OF A CROSS-LINKED HYALURONIC ACID COMBINED WITH TRIAMCINOLONE HEXACETONIDE (CINGAL™) IMPROVES PAIN AT 6 MONTHS IN PATIENTS WITH MILD TO MODERATE OSTEOARTHRITIS: A PROSPECTIVE OBSERVATIONAL STUDY

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Introduction

- Osteoarthritis (OA) is a major cause of disability in adults worldwide and the hip is the second most affected joint[1]
- Intra-articular injection with a combination of viscosupplementation and corticosteroids has shown promising results for pain relief, especially in knees[2]
- Data for hip OA is still scarce
- The purpose of this study was to evaluate the efficacy of a hyaluronic-based injection (Cingal™) in patients with mild to moderate hip osteoarthritis at 1 month and 6 months post-injection.

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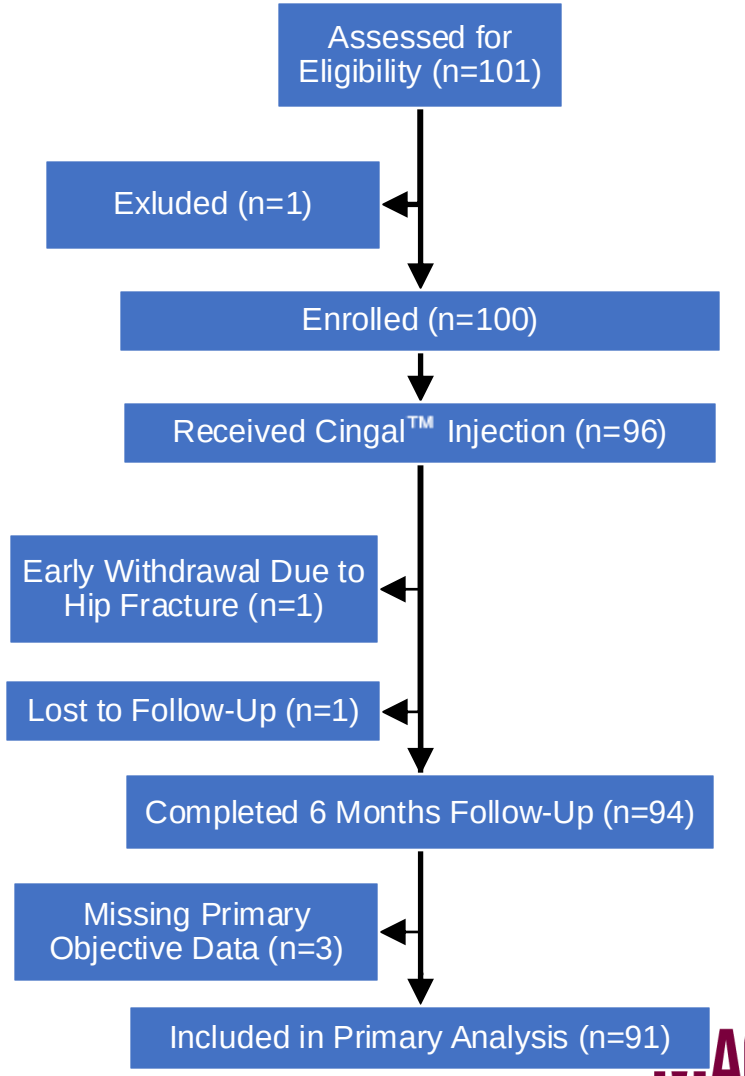
Methods and Results

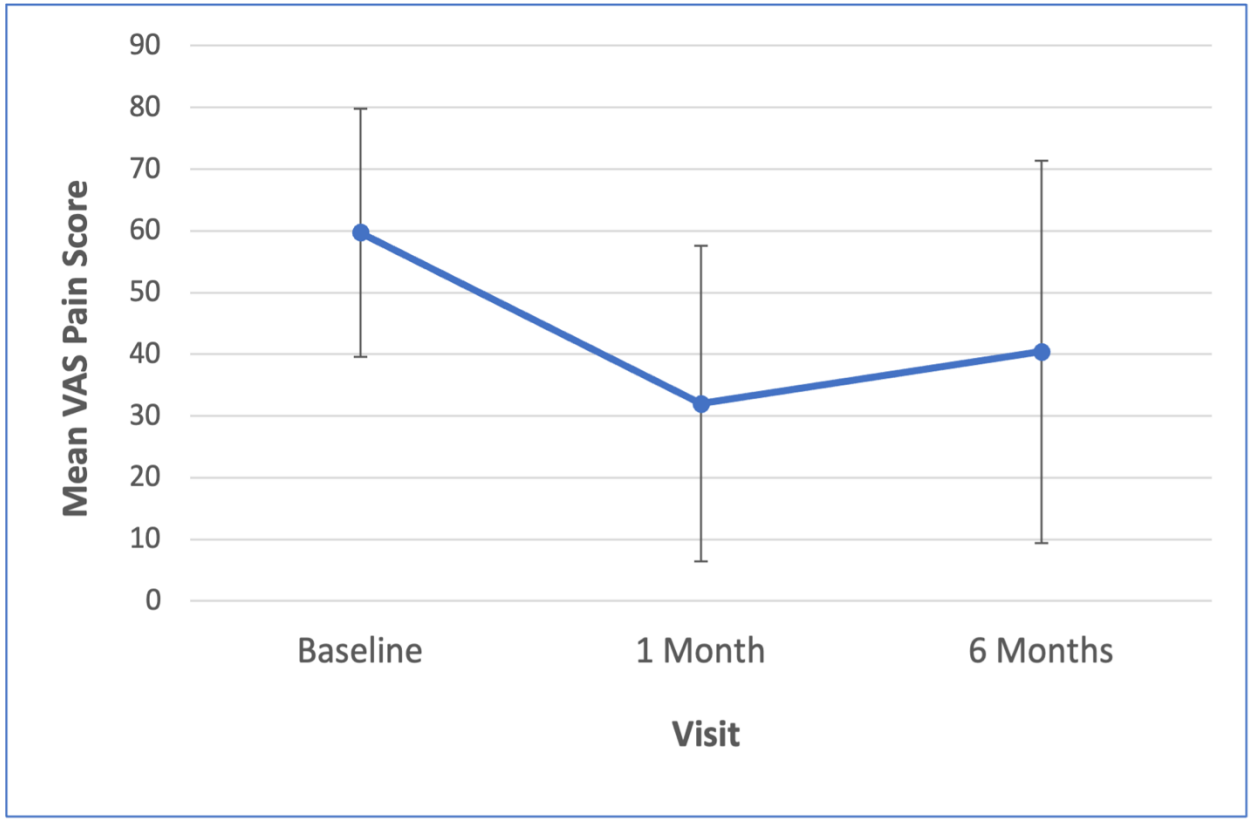
- 100 enrolled patients
  - Between 40-65 years old
  - Tönnis grades 1-2 (one patient with grade 0)
- Ultrasound guided intra-articular Cingal™ injection
- Follow-up at 1 and 6 months
- Primary outcome:
  - Patient-reported hip pain measured using the Visual Analog Scale (VAS) scores (6 months)
- Secondary outcomes:
  - Adverse events (Adjudication committee)
  - Pain medication use (in mg)
  - Quality of life measured using the Short Form-12 (SF-12), including the Physical Component Score (PCS) and Mental Component Score (MCS)
  - Function measured using the Hip Disability and Osteoarthritis Outcome Score (HOOS)
  - Range of motion
  - Physical activity levels : Activity tracker (Garmin Vivofit4™)



Results

- VAS scores showed a statistically and clinically (MCII=13) significant reduction in pain from baseline (pre-injection) to 6 months (mean difference of -19.2, 95% CI -25.5 to -12.8, p<0.001)
- Adverse events: 9/95 (9.5%)
    - Mostly minor (5 patients with hip pain <7 days after injection)
- Mean pain medication use decreased significantly from pre- to post-injection (100mg [0-16,500mg] to 0mg [0-1,525mg], p<0.001).
- SF-12 scores showed a statistically but not clinically significant increase across PCS (mean difference 2.9, 95% CI 0.9 to 5.0, p=0.005) and MCS (mean difference 2.3, 95% CI 0.3 to 4.2, p=0.005)

Fig.1 - VAS Scores



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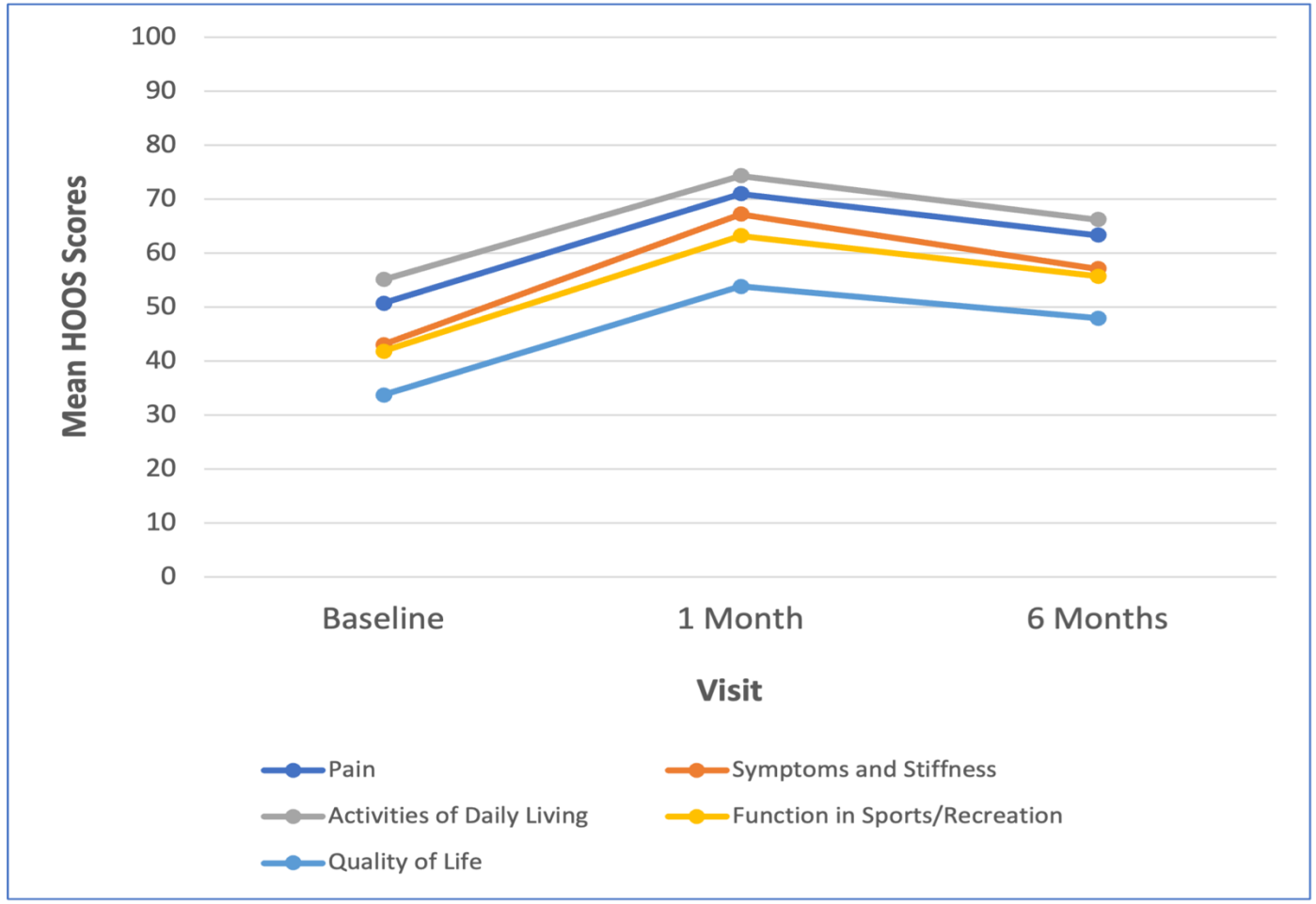
Results

Fig.2 – HOOS Scores



- HOOS scores showed a statistically and clinically (MCII=10) significant improvement across all domains from baseline to 6 months (mean differences between 10.9-13.8, $p<0.001$)
- Range of motion and physical activity levels did not change significantly from baseline to 6 months

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Conclusions

- Patients who received an intra-articular Cingal™ hip injection reported significantly reduced pain, improved function, improved quality of life, and reduced pain medication use, which persisted at the 6-month mark
- However, for all significant outcomes, the positive effects were more pronounced at 1 month and appeared to diminish between 1 and 6 months
- The most common adverse event reported was hip pain that lasted less than 7 days

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