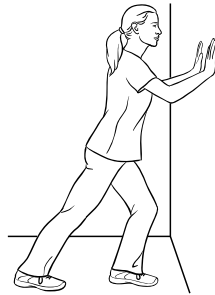


EXERCISING WITH OA

Exercise is an important part of managing OA knee pain. Start slowly, and increase the difficulty of your routine gradually.

Calf Stretch

1. Stand with your arms braced against a wall, both feet pointing straight ahead. Place your left/right foot several inches behind the other.
2. Bend your front leg. Keep both heels on the floor and your back leg straight. You should feel a slight pull in your calf. Hold for 30 seconds. Bend your back leg and hold for 30 seconds.

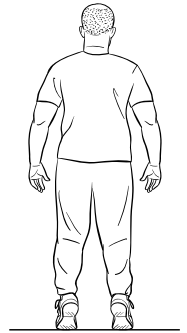


CAUTION

- Don't lift your back heel
- Don't arch your back

Toe Raises

1. Stand with both feet flat on the floor, shoulder-width apart. If you need support, steady yourself with your hand on a ledge, wall, or table.
2. Raise both heels so you're standing on your toes. Hold for 30 seconds. Slowly lower your heels to the floor.
3. As you become stronger, stand on one foot at a time and raise that heel off the floor.

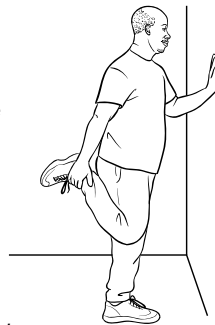


CAUTION

- Don't lock your knees
- Don't arch your back

Quadriceps Stretch

1. Stand an arm's length from a wall. Look straight ahead.
2. Place your left/right hand against the wall. With your other hand, grasp the ankle of the foot on the same side. Gently pull your heel to your buttocks.
3. When you feel a mild stretch in your thigh, hold for 30 seconds.

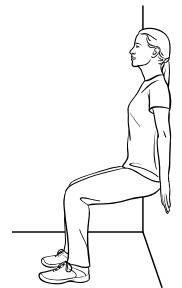


CAUTION

- Don't arch your back or bend forward
- Don't twist your back to reach your leg

Wall Slide

1. Stand with your back and head against a wall. Look straight ahead. Keep your feet shoulder-width apart and 6 to 8 inches from the wall. Relax your shoulders and tighten your stomach muscles.
2. Slowly slide straight down until you feel a stretch in the front of your thighs. Hold for 30 seconds. Slowly slide back up.

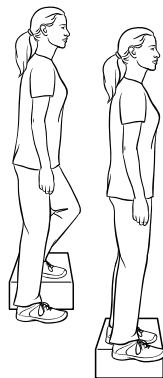


CAUTION

- Don't let your knees go forward past your toes
- Don't let your buttocks sink below your knees

Step-ups

1. Stand with one foot on a 4-inch to 6-inch support (such as a block of wood) and the other foot flat on the floor.
2. Shift your weight onto the foot on the block, straightening that knee, and raise your other foot off the floor. Then slowly lower the foot until only the heel touches the floor.

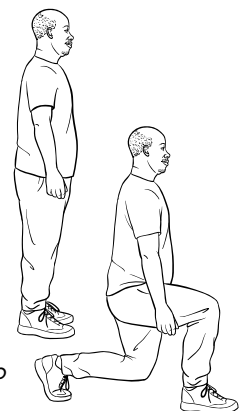


CAUTION

- Keep your weight on the foot on the block—don't push off from the floor
- Don't lock your knees

Leg Lunge

1. Stand with your feet shoulder-width apart.
2. With your left/right foot, step out and lower yourself into a comfortable position. Keep your back straight and your feet pointing straight ahead. As you step, the heel of the other foot lifts off the floor. Return smoothly to your starting position.



CAUTION

- Don't lunge so far that your rear knee touches the floor
- Don't let your forward knee go past your toes

If you feel any pain, stop the exercise. If pain persists, call your doctor.



Can Exercise Help Manage My OA?

Yes, exercise is an important component of managing OA knee pain. A complete exercise program should include a combination of different types of workouts performed on a regular basis. Exercise can help your OA by keeping joints flexible, increasing muscle strength, and strengthening bones and ligaments. A good workout routine will also help you maintain a healthy weight, have more energy, and sleep better.

It can be tough to get started on an exercise program if you are in pain. It's best to start slowly and give yourself achievable goals. Keep a positive mindset and make it enjoyable.

If you have OA knee pain, ask your doctor if HYMOVIS[®] is right for you.

References: 1. Exercise and Your Arthritis. Atlanta, GA: Arthritis Foundation; 2001. 2. Good Living With Osteoarthritis. Atlanta, GA: Arthritis Foundation; 2000. 3. Sayce V, Fraser I. Exercise Beats Arthritis. Boulder, CO: Bull Publishing Company; 1998. 4. Sobel D, Klein AC. Arthritis: What Exercises Work. New York, NY: St. Martin's Press; 1993.

Helpful Exercise Tips¹⁻⁴

- Discuss your exercise plans with your doctor in order to put together a program that is right for you
- If possible, start your exercise program under the supervision of a physical therapist or qualified athletic trainer
- Choose an exercise program you enjoy and make it part of your regular routine
- Consider putting a heat pack on your joints before you begin exercising
- Start your exercise routine with stretching, flexibility, and range-of-motion exercises
- Use small, light weights (1 or 2 pounds) or exercise bands when you begin strengthening exercises
- Go slowly and increase the difficulty of your exercise routine gradually
- If necessary, apply cold packs to sore muscles when you are finished exercising
- If your joints become painful, inflamed, or red from exercising, talk to your doctor; adjustments to your workout might be necessary

Indication

HYMOVIS[®] is indicated for the treatment of pain in osteoarthritis (OA) of the knee in patients who have failed to respond adequately to conservative non-pharmacologic therapy or simple analgesics (e.g., acetaminophen).

Important Safety Information

Before receiving HYMOVIS[®], tell your doctor if you are allergic to hyaluronan products, have an allergy to gram-positive bacterial proteins, or have an infection/skin disease in the area of the injection site.

HYMOVIS[®] is not approved for relieving pain in other joints besides the knee, for injection with other substances in your knee joint, or for children (<21 years of age). Injections must only be given by trained and licensed health care professionals.

HYMOVIS[®] has not been tested in pregnant or nursing women. Tell your doctor if you think you are pregnant or if you are nursing a child.

Talk to your doctor before resuming strenuous or prolonged weight-bearing activities after treatment.

The effectiveness of repeat treatment cycles of HYMOVIS[®] has not been established.

The side effects most commonly seen after injection into the knee joint are knee pain, discomfort, swelling, stiffness, and itching at the injection site. These reactions are generally mild and do not last long. If any of these symptoms or signs appears after you are injected, or if you have any other problems, contact your doctor.

RX Only

For Full Prescribing Information, visit HYMOVIS.com.