



nSTRIDE

FREQUENTLY ASKED QUESTIONS



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Introduction to nSTRIDE

What is nSTRIDE?

nSTRIDE is an Autologous Protein Solution (APS) containing anti-inflammatory proteins (cytokines) and anabolic growth factors from your own blood. It is one of the latest biologic treatments used in treating knee osteoarthritis. As an autologous solution, it is obtained by separating white blood cells and platelets from your own blood and concentrating them in a small volume of plasma. The Autologous Protein Solution (APS) is then injected directly into the osteoarthritic knee joint.

How does it work?

In osteoarthritis of the knee, bad proteins (inflammatory cytokines) are in higher concentration than good proteins (anti-inflammatory cytokines). This imbalance leads to inflammation and the gradual break down of cartilage in the knee. nSTRIDE APS contains concentrated anti-inflammatory proteins, which inhibit the activity of inflammatory proteins in the osteoarthritic knee. This reduces inflammation and slows down or halts the deterioration of the knee cartilage.

nSTRIDE is also rich in anabolic proteins, which stimulate the synthesis of the cartilage matrix. By reducing inflammation and stimulating repair of the damaged cartilage tissue, it helps slow down or reverse the progression of osteoarthritis. Although nSTRIDE was initially indicated for treating knee osteoarthritis only, the manufacturer is now approving it to treat osteoarthritis in other joints.

What is nSTRIDE used for?

nSTRIDE injection is used to relieve the symptoms of mild to moderate knee osteoarthritis. In more severe arthritis it can be given but is less effective as the knee cartilage is almost entirely worn away.

Benefits, Results & Side Effects

What are the benefits?

- Significantly improves mobility in the treated knee
- Requires just one blood sample
- Given as a single injection
- Promotes cartilage cell growth
- Protects cartilage from catabolic degeneration
- An autologous treatment made from your own blood, which eliminates the risk of adverse reactions

How soon will I notice results?

APS stimulates a powerful healing response, which will take a short while to make a difference. Generally, people will notice an improvement in their symptoms within 2-6 weeks following the injection. The best results are achieved when the injection is combined with exercise and lifestyle changes, and adjunct therapies such as shockwave to further enhance the healing response.

How long can I expect the results to last?

It has been shown to significantly reduce inflammation and pain (up to 70%) associated with knee arthritis for up to two years.

Are there any side effects?

Sometimes you can get bruising and discomfort at the site where blood is taken and at the site of the injection around the knee. Simple paracetamol can be taken but avoid anti-inflammatory medications such as ibuprofen/voltarol for 1 week before treatment and 2 weeks post treatment.

nSTRIDE vs Other Options

How does nSTRIDE compare to PRP Therapy or Surgery?

nSTRIDE and PRP injections are similar in that both are autologous treatments that utilise blood proteins to promote tissue healing. The key difference between the two is that nSTRIDE contains white blood cells (leukocytes) and anti-inflammatory proteins (cytokines), which are not present in PRP injections. Also, unlike PRP, which requires several injections to attain desirable results, nSTRIDE is a one-time injection providing results that typically last between 1 to 2 years.

Compared to keyhole surgery, nSTRIDE is a non-invasive procedure with minimal to no downtime, and it can be performed within an hour. For patients with moderate osteoarthritis, keyhole surgery cannot help much with their condition, but nSTRIDE tends to slow, halt, or reverse osteoarthritis progression. As a non-invasive and autologous procedure, nSTRIDE carries few risks, unlike surgery. In severe cases however, nSTRIDE cannot be used in place of total knee replacement but could delay the need for surgery.

Can I receive an nSTRIDE injection again?

Yes, unlike a steroid injection where there may be a limit to the number of injections you can receive. nSTRIDE can be repeated in the future if necessary.

What to Expect & What our Patients Say

What can I expect during the procedure?

During the procedure, we draw blood from your arm and separate it to obtain a concentrated nSTRIDE APS solution. This solution (about 3ml) is then injected into the osteoarthritic knee. During the injection you may experience a minor pinch and discomfort.

What can I expect after the procedure?

After the treatment, it's normal to experience some knee pain and stiffness, which subsides after about 2 days. You should minimize physical activities for 14 days after treatment to increase the efficacy of the APS injection. Osteoarthritis pain starts to decrease in approximately one to two weeks following the nSTRIDE injection.

After a few weeks, pain and discomfort are alleviated, and the attained results last for approximately 12-24 months. Although this treatment is one of the best in the industry, it is still not a cure for osteoarthritis.

What our patients say

'It has been nearly 4 months since I had the N-stride treatment. The first 12 weeks or so were a little hit and miss but then it rapidly improved and I am now pain free and can do the stairs easily. Walking for a couple of miles is also comfortable. Another major improvement is after sitting for a while or getting up in the morning the knee has very little stiffness and after a couple of steps feels normal. I can now nearly fully extend the leg which makes walking much easier.'

- F.M. June 2021

Pricing & Location

How much does it cost?

The cost is £1750 and includes the whole procedure, plus a follow-up consultation (usually by telephone) two weeks later.

Can I have both knees injected at the same appointment?

Both knees can be injected at the same sitting. We would be required to take a little more blood and a second sterile kit would be used to obtain the APS (Autologous Protein Solution). The cost for this would be £2850.

Where will the injection be performed?

The procedure is performed at our flagship central London location:

Total Orthopaedics at Prime Health Harley Street
45 Queen Anne Street
London
W1G 9JF

About Us & How to Book

Why choose Total Orthopaedics?

We treat individuals suffering from musculoskeletal-related conditions. We have a highly specialised team of Orthopaedic Specialists, Physiotherapists, Osteopaths, Nutritionists, Lifestyle Medicine Physicians and an Acupuncturist that enables us to provide a more holistic and personalised treatment for our patients.

When it comes to nSTRIDE injections for knee osteoarthritis Mr Joyti Saksena, Consultant Hip, Knee and Sports Specialist will extract the required APS from your blood and inject it into the affected knee himself.

After nSTRIDE treatment, we can provide the required rehabilitation to help in the recovery of the treated knee.

How do I book an nSTRIDE injection?

Contact our experienced team on

T: 0208 3413422

E: pa@totalorthopaedics.london

