

# ***Standing Up to Knee Pain Survey:***

The Physical, Social,  
and Mental Impact of Knee OA



# Research Methodology



The Pacira BioSciences, Inc. *Standing Up to Knee Pain Survey: The Physical, Social, and Mental Impact of Knee OA*, was conducted by Wakefield Research among **200 health care providers (HCPs) treating patients for chronic knee pain and/or osteoarthritis (OA) in the knee, HCPs defined as Orthopedics and Non-Operative Sports Medicine Physicians, and 500 U.S. Adults who have been treated for chronic knee pain and/or OA in the knee, between September 8<sup>th</sup> and September 19<sup>th</sup>, 2022, using an email invitation and an online survey.**

# Key Findings

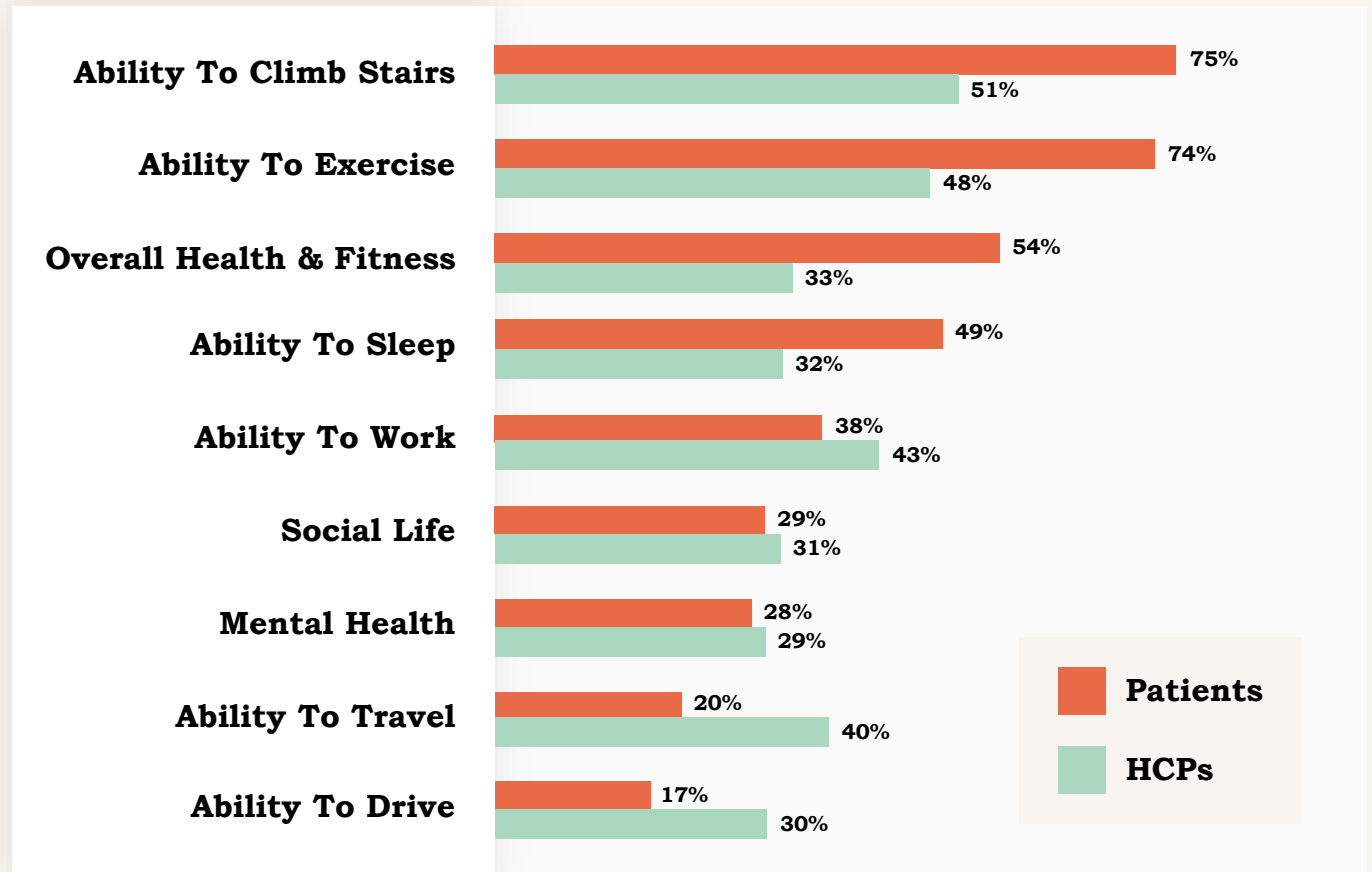
# Patients report that their condition prevents them from living a full life, regardless of multiple treatment options

**100%** of surveyed patients have tried some form of treatment to address their pain

**97%** still state that their daily lives are negatively impacted by their condition.

Patients and healthcare providers both note how pain impacts day-to-day activities

## EVERYDAY ACTIVITIES OR EFFECTS THAT HAVE BEEN NEGATIVELY IMPACTED BY CHRONIC KNEE PAIN OR OA OF THE KNEE



# The effects of knee OA are not just physical



## SOCIAL

More than **9 in 10 patients (91%)** reported missing out on social events

**Men (42%) and those < 50 (52%)** are more likely to report always or often missing out on events



## MENTAL

**28%** said their everyday mental health was negatively affected by their ongoing pain

The mental impact of knee pain is concerning when coupled with the fact that **45% of patients reported using opioids or prescription painkillers to manage knee OA.** These co-occurring issues can be especially dangerous as patients with mental health challenges are twice as likely to have, or develop, a substance use disorder.

# Patients are experiencing chronic knee pain / OA at a younger age than ever before

While chronic knee pain / OA is often associated with older adults, **nearly 40% of the patients surveyed were < 50**

**More than 62% of adults < 50** say chronic knee pain / OA impacts their ability to live the life they want to live a great deal or considerably

**100% of patients < 50** say concerns over the negative impact on their day-to-day activities sent them to seek treatment

## CONCERNED ENOUGH ABOUT THESE NEGATIVE IMPACTS TO SEEK TREATMENT



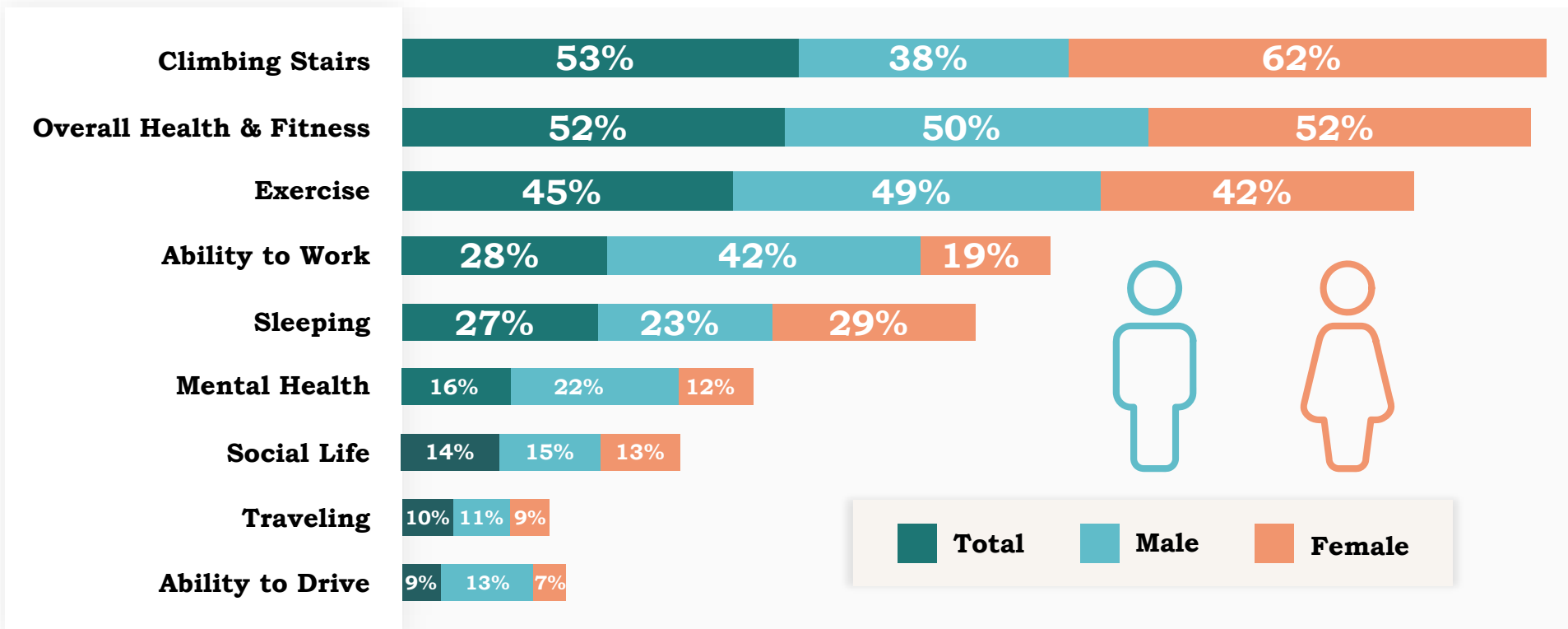
# Men and women cite different primary concerns when it comes to impact on daily life

The inability to climb stairs was a tipping point for **more women (62%)** than **men (38%)**

**Men (42%)** are more likely to cite ability to work than **women (19%)** as their tipping point

**More men (22%)** said their mental health was a concern compared to **women (12%)**

## CONCERNED ENOUGH ABOUT THESE NEGATIVE IMPACTS TO SEEK TREATMENT



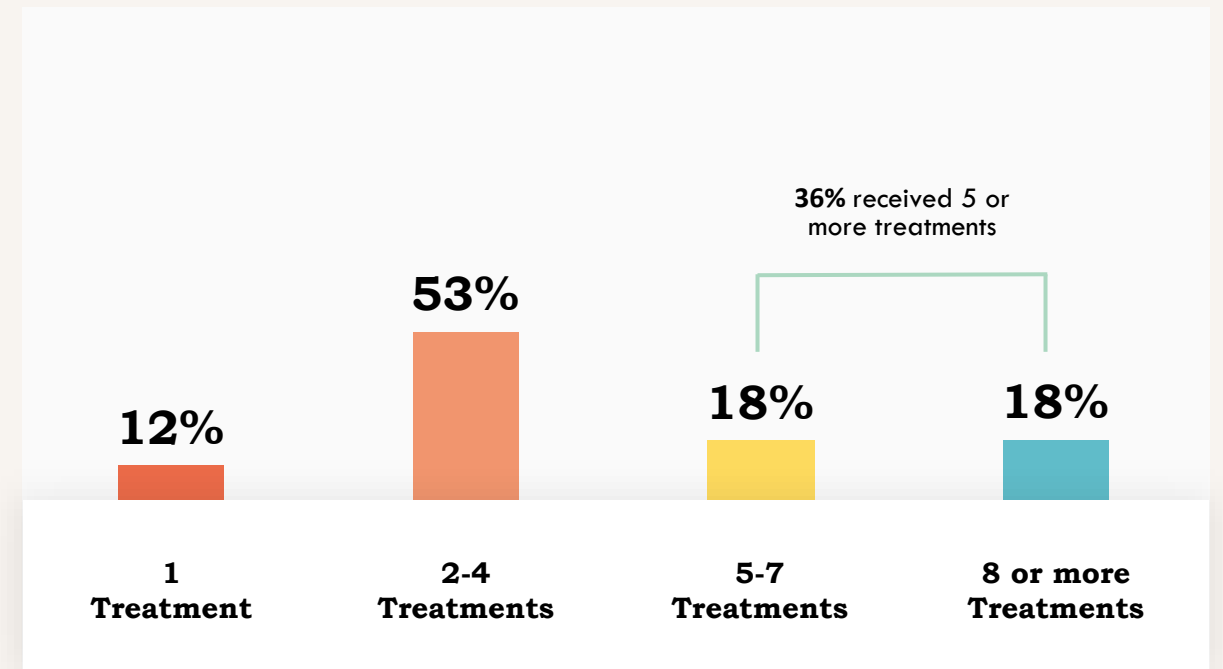
# Patients are trying many different treatment options, including several rounds of steroid shots

## TREATMENT OPTIONS PATIENTS SAY THEY HAVE USED TO ADDRESS PAIN ASSOCIATED WITH CHRONIC KNEE PAIN OR KNEE OA

- 71%** Over the counter (OTC) medications such as acetaminophen, aspirin, ibuprofen
- 64%** Ice and elevation
- 57%** Physical therapy
- 55%** Topical OTC creams (topical analgesic)
- 48%** Injectable steroids or injectable hyaluronic acid gels
- 45%** Prescription painkillers/opioids
- 9%** Cryoanalgesia (targeted cold therapy delivered to the nerve using a handheld device by a doctor)
- 7%** Other

## AMOUNT OF TIMES RECEIVED A SHOT TO MANAGE PAIN

*Asked among patients who have used injectable steroids or injectable hyaluronic acid gels*





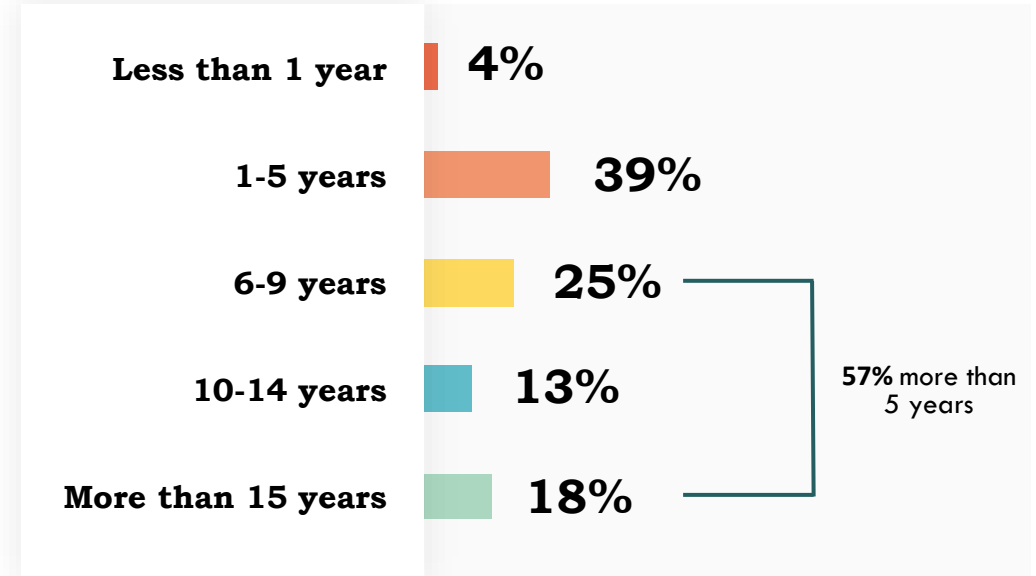
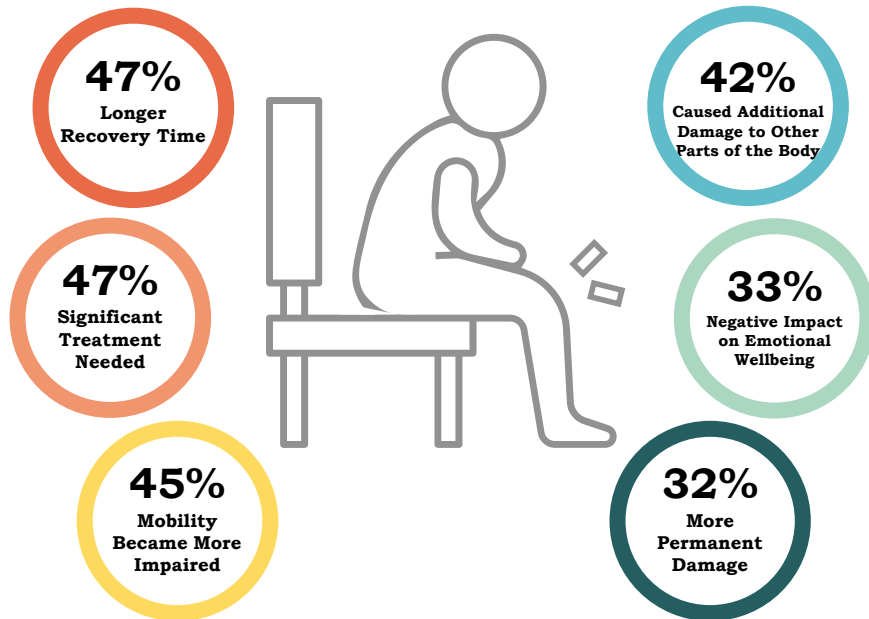
# Delaying treatment of chronic knee pain or knee OA can lead to significant risks

Nearly 3 in 5 (57%) patients have suffered for more than 5 years, and nearly a third (32%) have suffered for 10 years or longer

All HCPS (100%) say there are consequences from delaying treatment

## LENGTH OF TIME SUFFERING FROM CHRONIC KNEE PAIN OR OA OF THE KNEE

## CONSEQUENCES SEEN DUE TO PATIENTS WAITING TOO LONG TO RECEIVE TREATMENT FOR CHRONIC KNEE PAIN OR OA OF THE KNEE



\*More than 3 in 5 HCPS (61%) report damage due to patients waiting too long to receive treatment

# Patients have concerns about total knee replacement surgery

88% of patients express concerns when confronting a total knee replacement. The pain associated with surgery, recovery/physical therapy (69%) and fears that the surgery won't be successful (55%) concern the majority of patients.

## BIGGEST CONCERNS WHEN FACED WITH TOTAL KNEE REPLACEMENT



**58%**

Pain associated with recovery/physical therapy



**55%**

Surgery not being successful



**48%**

Pain associated with surgery



**27%**

Being out of work



**12%**

Missing a major life event

# Clinicians and patients are beginning to demand alternatives

There are effective, non-opioid options that can provide immediate, long-lasting relief from the pain associated with knee OA



iovera<sup>o</sup> is a handheld device that delivers targeted cold therapy—also known as cryoanalgesia—to specific nerves in the knee in order to treat chronic knee pain, OA knee pain, and/or the pain associated with a total knee replacement surgery.

Using a small probe inserted into the treatment area, iovera<sup>o</sup> creates a precise cold zone under the skin to stop pain signals from going to the brain. The procedure is repeated until the nerves that cause pain are completely blocked.

An iovera<sup>o</sup> treatment utilizes no drugs—only your body’s natural response to cold—and provides immediate pain relief that can last up to 90 days. It is performed right in your doctor’s office.

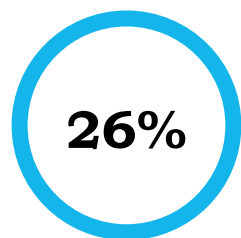
Please see important safety information at [iovera.com/safety](https://iovera.com/safety)

# iovera<sup>o</sup> appeals to patients especially for immediate, long-lasting pain relief

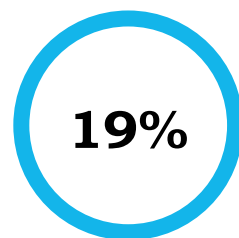
81% see iovera<sup>o</sup> as an option to treat their chronic knee pain or OA knee pain after reading a description of the treatment

When asked what interests them most about iovera<sup>o</sup>, patients most often pointed to elements of pain relief, including that it's long-lasting (up to 90 days – 26%) and immediate (19%)

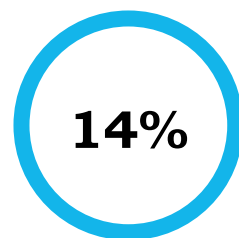
## ASPECTS THAT RESONATED THE MOST BASED OFF THE iovera<sup>o</sup> DESCRIPTION



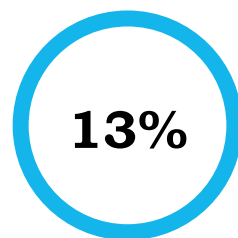
Long-lasting duration of pain relief



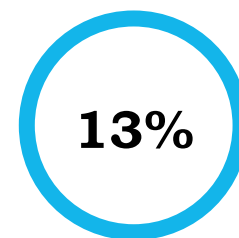
Immediate pain relief



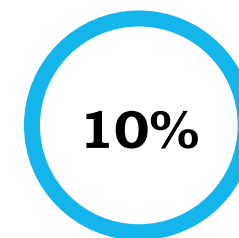
Targeted nature of the iovera<sup>o</sup> administration to block the nerves from sending pain signals



Can be performed right in the doctor's office



Cold therapy/cryoanalgesia is a drug-free approach



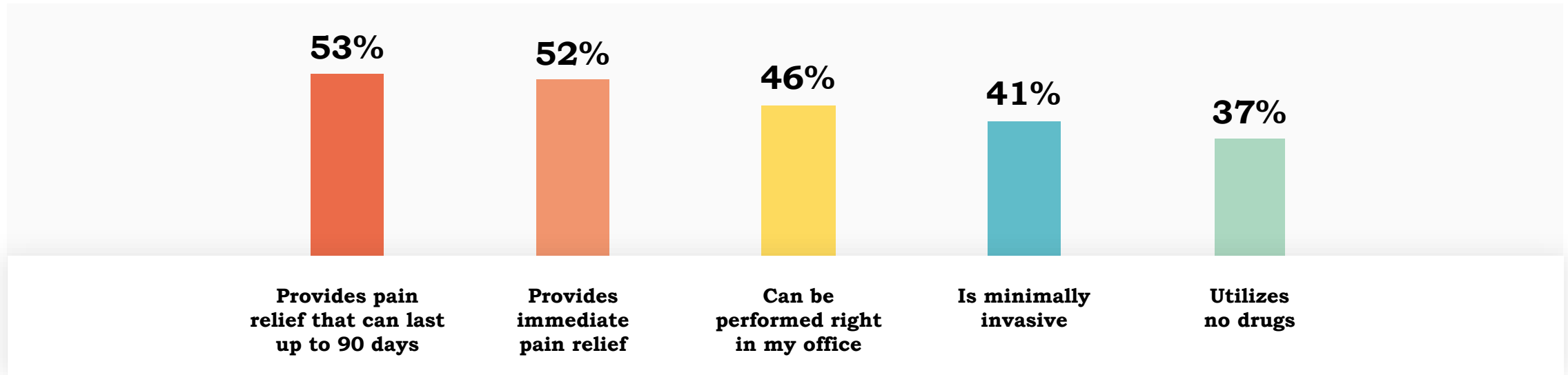
Could be used for chronic pain and/or the acute pain associated with a total knee

Please see important safety information at [iovera.com/safety](https://iovera.com/safety)

# For HCPs, pain relief is a significant factor to whether they would introduce iovera<sup>o</sup> to their patients

All HCPs (100%) say iovera<sup>o</sup> has qualities that could influence whether they introduce the treatment to patients. The vast majority (82%) say iovera<sup>o</sup>'s pain relief qualities are a factor, with 53% citing its ability to provide long-lasting pain relief, and 52% saying the immediate pain relief are factors.

## QUALITIES THAT COULD INFLUENCE HCPs TO INTRODUCE iovera<sup>o</sup> TO PATIENTS





To learn more about non-opioid options to treat acute and chronic pain, including iovera°, visit [YourXFactor.com](https://YourXFactor.com).

iovera<sup>®</sup>



To learn more about iovera<sup>®</sup>  
to treat acute and chronic pain,  
**visit [iovera.com](http://iovera.com)**