Frequently Asked Questions

About nSTRIDE Autologous Protein Solution (APS)

What is nSTRIDE APS?

nSTRIDE APS is an autologous (from your own body) therapy which is designed to treat joint pain associated with knee osteoarthritis. In laboratory testing, nSTRIDE APS has been shown to protect cartilage cells. This protective quality may slow the progression of osteoarthritis as well.[9^]

How does nSTRIDE APS work?

nSTRIDE APS will be injected directly in the knee joint. Positive outcomes are possible due to the presence of high concentrations of anti-inflammatory proteins.[14] These "good" proteins may help stimulate a biologic cascade which has been shown to block cartilage destruction in osteoarthritis.[9^] The pain in the joint is then reduced, and the joint function is improved. The ongoing destruction of cartilage may also be slowed.[9^] The treatment is designed to be a single injection therapy in the doctor's office.

What is nSTRIDE APS made of?

nSTRIDE APS processes the patient's own blood in the doctor's office to concentrate white blood cells, platelets, and plasma proteins into a small volume of plasma. The output is approximately 2 to 3 ccs of anti-inflammatory solution.

How is nSTRIDE APS given?

2-3 cc of final output will be injected directly in the knee joint.

Are there side effects?

You may experience side effects (e.g., bruising, local pain or swelling) associated with the blood draw, knee injection, MRI or X-Ray procedures.

Will nSTRIDE APS cure my OA?

There is no cure for OA.[15] But successful treatment with nSTRIDE APS may reduce or relieve your pain increasing your mobility and comfort.[11] Your osteoarthritis may not improve or may get worse.

What are the main benefits of nSTRIDE APS?

May significantly decrease or eliminate pain, reduce stiffness and help restore mobility and flexibility.[8*, 11]

When will the treatment start to work?

Pain relief can be expected after one week.[8*, 11]

Is nSTRIDE APS safe?

Yes. Studies have demonstrated the safety of nSTRIDE APS.[8*, 11]

Will I be able to be active as usual during the course of my treatment?

It is recommended that you minimize your activity level for 14 days (but not to exceed pre-injection levels).

How long can I expect the benefits to last?

Based on preclinical and early clinical results, patients should expect to see benefits for at least 12 months.[8*, 11]

Who can be treated with nSTRIDE APS?

Patients with mild to moderate knee osteoarthritis can receive nSTRIDE APS therapy.

How many injections of nSTRIDE APS are required?

Studies have demonstrated the effectiveness of one injection.[8*, 11] Studies suggest one injection will last at least 6-12 months.[8*, 11]

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* Animal studies are not necessarily indicative of clinical performance

^ Cell culture assays are not necessarily indicative of clinical outcomes

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Once OA Pain Starts, It's Hard to Stop.

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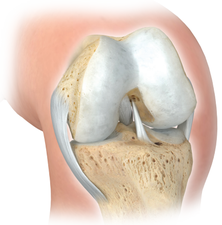


Do you have Knee Pain?

Knee pain is a common symptom experienced by people of all ages. It can be caused by a traumatic event, or become worse over time.[1]

The knee is a type of hinge joint formed by the tibia (shinbone), femur (thighbone), and patella (kneecap). The ends of the bones in the knee joint are covered with cartilage, a tough, lubricating tissue that helps provide smooth, pain-free motion to the joint.[2]

When knee pain becomes worse over time, arthritis may be the cause.[3-4] Symptoms of arthritis are pain, swelling, or stiffness in the joint and may be caused by inflammation.[3-5] In the United Kingdom, 98% of initial knee replacements are due to osteoarthritis.[4]

What is Osteoarthritis (OA)?

OA is the most frequent type of arthritis and most commonly affects the knee joint.[3-4] Osteoarthritis is damage done to the joint over time.[3-5] In a normal joint, cartilage provides cushioning between bones. As wear or a traumatic event occur, the cartilage layer can become thinner or frayed resulting in knee pain.[4-5] Over time, pain increases as cartilage wears away and bones rub against each other.[4] Osteoarthritis negatively impacts quality of life through pain, limited mobility, reducing the ability to work and diminishing self-esteem.[4-5]

What are the Stages of OA?

OA symptoms can range from very mild to very severe and often limits your everyday activities:

Early[6]

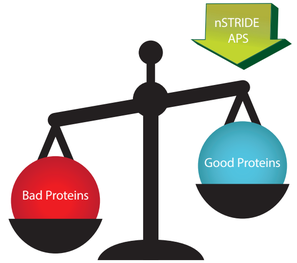
Cartilage begins to wear down. Symptoms are generally mild, and may include pain that comes and goes.[6-7]

Moderate[6]

Joint fluid may lose its ability to lubricate and cushion the affected joint. You may have more pain and difficulty in movement.[6-7]

Late[7]

Areas of cartilage may totally wear away, causing bones to rub against each other.[6-7] You may experience significant pain.[6-7]



nSTRIDE APS

Once OA pain starts it is hard to stop. nSTRIDE APS is a groundbreaking autologous (from your own body) therapy designed to treat pain[8^] and slow the progression of cartilage degradation and destruction in the knee.[9^]

nSTRIDE APS processes your own blood to provide a true novel output. The unique output is injected directly into the knee joint distributing beneficial and good proteins.[10] In laboratory testing, these "good" proteins block and slow the degradation of cartilage treating the underlying cause of OA knee pain, unlike traditional therapies.[9^]

- Significantly reduces pain associated with Knee OA[8*,11]
- Significantly improves Mobility in the Knee Joint[8^,11] associated with OA
- Stimulates Cartilage Cell Proliferation.[9^]
- Blocks Cartilage Destruction.[9^]
- Slows Cartilage Degradation.[9^]
- Point-of-Care
- Single injection

Science Behind nSTRIDE APS

In an osteoarthritic knee, inflammatory cytokines ("bad" proteins) outnumber anti-inflammatory cytokines ("good" proteins) causing an imbalance resulting in knee pain and cartilage degeneration.[12]

The inflammatory proteins IL-1 and TNFα attack the cartilage.[12] These "bad" proteins must be stopped simultaneously to decrease pain and slow cartilage degeneration.[12]

The nSTRIDE APS output introduces high levels of "good" proteins (IL-1ra, sIL-1R, sTNF-RI, and sTNF-RII)[10] that overwhelm and block the inflammatory cytokines (bad proteins) IL-1 and TNFα,[13^] resulting in decreased pain and slowed cartilage degen eration, unlike traditional therapies.[9^]

While balance is being restored to the knee, anabolic growth factors (IGF-1 and TGF-β1) are also introduced for beneficial cartilage health.[10]

Therefore, nSTRIDE APS creates an ideal therapy which may reduce pain in the knee joint, improve joint function and slow the destruction of cartilage.[9^] This therapy is provided in a non-surgical, single injection in the doctor's office.

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