



Column by the editorial staff in direct contact with the sector's companies

## INFILTRATION THERAPY

# Hydrolyzed collagen, a new approach to infiltration: exchange of opinions

The use of hydrolyzed collagen in infiltrations has, for several years now, been confirmed as an approach that differs from the traditional products for treating painful symptoms and loss of functionality in the joints and in the muscles, tendons and ligaments. Collagen is the main component of the tissues concerned, and, when delivered on site in hydrolyzed form, it spreads fast in the injection site, providing what we might call the building blocks that will reinforce the damaged matrix.

Here are the opinions of some physicians of various specializations, all of whom have the same thing in common: experience in the use of hydrolyzed collagen in its various accepted uses.

### Dr. Baraldo, in what context and for what purposes do you use hydrolyzed collagen?



> Fabio Baraldo, algologist at the Cottolengo Hospital (Turin)

My experience has focused on the treatment of moderate knee arthrosis (grade 2-3 on the Kellgren-Lawrence scale). With these patients I followed a protocol that involved three infiltrations with ChondroGrid (Biotech) hydrolyzed collagen at time 0, at 15 days and at 45 days; I obtained very satisfactory results.

The pain perceived, at rest and during movement, decreases very fast and consistently from the very first treatment. To date, patients have not had to come see me again for at least one year from the end of the treatment, evidence that the results obtained persist over time. This result - unexpected when compared to other product types - does, however, confirm the 2020 report in the literature of an Italian research group which saw that the administration of hydrolyzed collagen in the knee still produced effects more than six months from the last treatment.

### Dr. Buda, what led you to use hydrolyzed collagen in the treatment of this condition?



> Matteo Buda, orthopedic surgeon at the Madre Teresa di Calcutta Hospital (Monselice, Padua)

The use of products for infiltration can contribute significantly to improving the comfort of patients affected by tendinopathy. Unfortunately, the various types of hyaluronic acid have, to date, given inconsistent results and the use of autologous derivatives, such as PRP, is not always possible, other than showing its benefits a rather long time after the start of the treatment.

In this context, there is increasing evidence that hydrolyzed collagen is effective in reducing the painful symptoms, and, consequently, in improving functionality, from the very first administration.

### Dr. Dlimi, what are the accepted uses of hydrolyzed collagen in shoulder tendinopathy?



> Sabri Dlimi, shoulder surgeon at various private facilities in the Veneto

Without doubt, I am not including full-thickness tears of the rotator cuff and calcific tendonitis, for which infiltration treatment is not the most effective solution. Instead, I focus on simple tendinopathy or conditions that involve the partial tear of the tendon, where the delivery of collagen peptides can significantly reinforce the structures involved.

### Dr. Di Fabio, what are the results in younger patients, whose functional requirements may be higher?



> Stefano Di Fabio, Head of shoulder Surgery at the San Martino Hospital (Belluno)

To date, the majority of patients I have treated have been in the 40 to 50 age range, their most productive years. I saw very positive results also with this group of patients.

I can now say that the benefits obtained persist, more or less unaltered, for more than five months from the last infiltration. Of course I continue to monitor my patients, in order to ascertain whether the duration of the treatment's efficiency can be prolonged.

### Dr. Giannini, how is hydrolyzed collagen used in sports medicine? What are the results of its use?



> Silvana Giannini, specialist in Diagnostic Radiology at the Villa Stuart Sports Clinic in Rome

Muscle trauma often causes lesions that leave scars, with the consequent formation of fibrous tissue. The clinical protocol envisages rehabilitation with physiotherapy, which is often not very effective if not supplemented by infiltration and treatment with products that support the physiological processes that restore balance to the muscle layers.

There is evidence that ChondroGrid (Biotech) hydrolyzed collagen, delivered to the lesion's site under ultrasound guidance, acts in that way, as well as significantly relieving the patient's pain from the very first infiltrations. I can confirm that, also in the context of sports medicine, hydrolyzed collagen is a versatile approach to various issues that affect the joints, the capsular ligament, the muscles and tendons, and merits additional in-depth investigation.