

1 **Article title:**

2 The use of intra-articular polyacrylamide hydrogel for management of lameness
3 associated with the distal interphalangeal joint following magnetic resonance
4 imaging in five horses

5
6 **Names of author/s:**

7 Hattie Barnes¹, Alison Talbot¹, Nadine Ogden²

8
9 **Email address:**

10 nadineogden@gmail.com

11
12 **Address:**

13 ¹ University of Liverpool Leahurst Campus, Chester High Rd, Neston CH64 7TE

14 ² B & W Equine Hospital, Breadstone, Berkeley, Gloucestershire, GL13 9HG, UK

15
16 **Highlights:**

- 17 • Retrospective case series of 5 horses with lameness of distal interphalangeal
18 joint
- 19 • MRI before treatment with intra-articular polyacramide gel and follow up
20 assessments
- 21 • No adverse reactions observed in any of the treated horses
- 22 • Three horses significantly improved at 8 weeks; two horses remained lame at
23 5 months

- 24 • Polyacrylamide hydrogel is a viable treatment option for OA of the DIPJ in
25 horses

26

27 **Abstract:**

28 *Objective:* The objective for this case series is to describe the use of polyacrylamide
29 hydrogel in five horses with lameness associated with the distal interphalangeal joint
30 following investigation with magnetic resonance imaging (MRI) of the front feet.

31 *Study design:* A retrospective case series

32 *Methods:* Horses treated with intra-articular polyacrylamide hydrogel
33 (ArthramidVet®¹) of the distal interphalangeal joint (DIPJ) between 2012 and 2021
34 that underwent MRI were included in the case series. Lameness was localised to the
35 DIPJ by intra-articular (IA) analgesia in three horses and to the distal limb using
36 perineural analgesia in two horses. Four of the horses had previously been treated
37 with IA corticosteroids (triamcinolone acetonide or methylprednisolone).

38 Radiographs and MRI of the front feet were reviewed for all horses.

39 *Results:* There were no adverse reactions observed in any of the treated horses.

40 Three horses showed a significant improvement within 8 weeks, with one horse was
41 sound in a straight line at 9 weeks and on sound in a straight line at 13 weeks. The
42 other two horses remained lame at 5 months post treatment and underwent repeat
43 MRI. One showed further progression of the lesion and the other no improvement.

44 *Conclusion:* Polyacrylamide hydrogel is a viable and safe treatment option for
45 osteoarthritis of the DIPJ in horses.

46

47 **Keywords:** Osteoarthritis; Horse; Polyacrylamide; Joint; Symptom-Modifying
48 Osteoarthritis Drug; Distal-interphalngeal joint; Lameness; Magnetic Resonance
49 Imaging

50
51
52
53
54
55
56
57
58
59
60
61
62
63
64
65
66
67
68
69
70
71
72
73
74

Introduction:

Polyacrylamide is increasingly being used as an intra-articular (IA) treatment for horses with osteoarthritis. Osteoarthritis of the distal interphalangeal joint (DIPJ) is common and often career ending for performance horses. Although a number of treatments are available response to treatment vary and return of lameness is common following an initial response to treatment (1,2). Polyacrylamide is a relatively new IA treatment option in horses with osteoarthritis (3,4). In human beings polyacrylamide hydrogel is considered a safe and effective treatment for osteoarthritis (5,6). In horses there is limited evidence for the effect of polyacrylamide hydrogel on lameness in horses suffering from osteoarthritis. A prospective multicentre case series reported a resolution of lameness in 82.5% of horses at two years following treatment of the metacarpo(tarso)phalangeal joint or one of the carpal joints (antebrachiocondylar, middle carpal or carpometacarpal) (4). The long-lasting effect has further been supported by Christensen et al. (2016) in a histopathological study, demonstrating effects in horse joints 2 years post-treatment. MRI is the gold standard imaging modality for the equine foot (7), allowing an accurate diagnosis and improvement of directed treatments. Whilst previous studies have evaluated the use of polyacrylamide gel in specific joints (3,4,8,9), to our knowledge these have not included specific MRI findings. The purpose of this case series is to describe the medium-term outcome in five horses with lameness localised to the DIPJ following IA polyacrylamide hydrogel treatment, following an MRI scan.

Materials and methods

75 The study design is a retrospective descriptive case series. Medical records of the
76 Philip Leverhulme Equine Hospital were searched from October 2012 to October
77 2021 for all horses treated with IA polyacrylamide hydrogel (ArthramidVet®¹) of the
78 DIPJ. Horses were included if the DIPJ was treated with IA polyacrylamide hydrogen
79 and MRI of the front feet had been performed. Horses with no clinical follow-up after
80 the initial treatment were excluded from the study. For each included case the age,
81 breed, use, grade of lameness (0-10), response to diagnostic analgesia, imaging,
82 treatment and outcome were reviewed and recorded. All five horses had radiographs
83 and MRI performed of both front feet following presentation to the hospital. All
84 imaging studies (MRI and radiographs) were reviewed by a veterinarian experienced
85 in reading equine MRI and radiology.

86
87 Radiographs had been obtained using a portable x-ray generator and a digital
88 radiography system. MRI was performed under standing sedation using a low-field
89 open MRI system designed for distal limb imaging of the standing horse. The
90 following protocols were included for all horses; T1 weighted 3D-gradient-echo
91 (GRE), T2 weighted fast spin echo (FSE), T2* weighted 3D-GRE, T2* weighted FSE
92 and short tau inversion recovery FSE in sagittal, frontal and transverse planes.

94 **Results**

95 *Sample population*

96 Eight horses were treated with intra-articular polyacrylamide hydrogel
97 (ArthramidVet®¹) of the DIPJ between October 2012 and February 2021. Three
98 horses were lost to follow-up and therefore excluded from the case series. Four of the
99 horses were mares and one was a gelding (table 1). Two mares were French Comtios
100 (C1 and C2), one a warmblood (C4), one a thoroughbred cross and the gelding was a

101 Quarter horse (C3). They had an average age of 11.2 years and an age distribution of
102 6 to 17 years. All horses were used for general-purpose low-level riding.

103

104 *Clinical findings*

105 All horses were presented for a primary fore limb (RF) lameness and were referred to
106 our hospital for further lameness investigation and diagnostic imaging. A summary
107 of signalment, lameness, imaging diagnosis, treatment and outcome can be seen in
108 table 1. All horses had a partial improvement to a palmar digital nerve block and
109 complete resolution of lameness following an abaxial sesamoidean nerve block of the
110 lame limb. Two horses (C1, C2 and C5) responded to IA analgesia of the DIPJ of the
111 lame limb. In three horses (C3, C4 and C5) diagnostic analgesia was performed prior
112 to referral and was not repeated in hospital. Lameness was bilateral in three horses
113 (C1, C2 and C4), with the lameness switching to the contralateral fore limb following
114 diagnostic analgesia, and unilateral in two horses (C3 and C5). Duration of lameness
115 varied from 9 weeks to 4 months. Lameness severity varied from 1/10 to 3/10 in a
116 straight line (10).

117

118 Four horses had been treated with intra-articular medication of the distal
119 interphalangeal joint before treatment with polyacrylamide hydrogel. One horse (C2)
120 had been treated with intra-articular methylprednisolone (Depo-medrone®
121 40mg/ml Injection³) of the DIPJ of the lame limb 2 months prior to presentation.
122 Three horses (C1, C3 and C5) had been treated with IA triamcinolone acetonide
123 (Kenalog®); one was treated two month prior to presentation (C5) and one treated
124 over 2 years prior to presentation (C1). A third horse (C3) was treated with IA
125 triamcinolone acetonide of the DIPJ of the lame limb following initial presentation.
126 This horse (C3) was re-assessed 4 weeks later and same joint was medicated with IA

127 polyacrylamide hydrogel (ArthramidVet®¹) based on a poor response to initial
128 treatment.

129

130 *Image findings*

131 Details of the image findings have been summarised in table 1 and 2. Two of the
132 horses (C1 and C2) had multiple changes associated with degenerative joint disease
133 of the DIPJ (figure 1 and 2). The third horse (C3) had a single lesion of the distal
134 articulation of the second phalanx (figure 3 and 4). In addition to the lesion of the
135 distal second phalanx this horse had mild bilateral osteoarthritis of the DIPJ. One
136 horse had mild osteochondrosis and secondary osteoarthritis of the DIP joint
137 bilaterally. The final horse had mild osteoarthritis of the DIPJ and PIPJ along with
138 mild collateral ligament desmitis bilaterally, with biaxial desmitis of the non-lame
139 limb and medial desmitis of the affected limb. There were changes associated with
140 the navicular apparatus in the lame and non-lame limb of three horses (C1, C2 and
141 C3) including irregularity of the distal border, enlarged synovial fossae, increase in
142 signal on fat suppressed images in the medulla of the navicular bone and effusion of
143 the navicular bursa.

144

145 There were changes consistent with bilateral desmitis of the collateral ligament of the
146 DIPJ as well as changes consistent with desmitis of the insertion of the oblique
147 sesamoidean ligament of the less lame limb in one horse (C1). One horse had mild
148 'bone bruising' noted bilaterally of the third phalanx (P3) (C4). There was bilateral
149 ossification of the cartilages of the feet, and changes consistent with desmitis of the
150 lateral collateral ligament of the DIPJ in the predominantly lame limb in one horse
151 (C2). In the same horse there was a suspected keratoma in the contralateral limb.
152 This horse (C2) also had changes consistent with marked osteoarthritis of the

153 proximal interphalangeal joint (PIPJ) bilaterally. One horse had mild navicular
154 disease and subtle tendonitis of the deep digital flexor tendon (DDFT) in the
155 proximal recess of the navicular bursa of the contralateral limb (C5).

156

157 *Treatment and Outcome*

158 All horses were treated with corrective shoeing, a period of rest and rehabilitation
159 and IA medication of the DIPJ of the affected limb. All horses were treated with 1ml
160 of 2.5% IA polyacrylamide hydrogel (ArthramidVet®¹) and a small dose (2-3mg) of
161 triamcinolone acetonide (Kenalog²) was used in combination in two horses (C1 and
162 C2). One horse (C4) initially underwent treatment with chondrogenic induced equine
163 allogeneic peripheral blood-derived mesenchymal stem cells (Arti-Cell® FORTE⁴)
164 followed by 1ml of 2.5% IA polyacrylamide hydrogel approximately 1 month later.
165 Horses were re-assessed between 3 weeks to 6 months following treatment
166 depending on clinician preference and owner availability, and with some cases,
167 continuously every 3-6 weeks thereafter. The horses were followed for between 6
168 weeks and 10 months.

169 All horses were initially rested in a small paddock or box for between 3 and 6 weeks
170 followed by a gradual increase in exercise. Three of the horses (C1, C2 and C5) were
171 able to commence ridden exercise after initial re-examination at 3 (C1) and 6 weeks
172 (C2 and C5) respectively. One horse (C1) was sound in a straight line when re-
173 examined at 3- and 9-weeks post treatment, and two horses (C2 and C5) had a
174 significant improvement in lameness at 6-weeks post treatment.

175

176 One horse (C3) was unchanged at re-examination 6-weeks post treatment, however
177 was recommended to commence normal turn out (due to the temperament of the

178 horse). Repeat MRI was performed 6-weeks post treatment, showing an
179 improvement of the lesion, and at 13-weeks post treatment the horse was sound at a
180 trot in a straight line. Following the initial improvement in lameness the lameness
181 returned and a third MRI was performed at 5-months post treatment, revealing
182 further progression of the lesion. The horse was subsequently treated with IA
183 autologous stem cells, however failed to improve to a level where it could return to
184 ridden exercise. The final horse (C4) reportedly showed an improvement initially
185 however deteriorated to a more severe lameness shortly after following
186 polyacrylamide hydrogel treatment. The mare underwent repeat MRI after 6 months
187 which showed no further deterioration of the osteoarthritis of the DIP or PIP joints,
188 however there was an increase fluid signal on fat suppressed sequences signal in the
189 trabecular bone of the navicular bone and P3. She was discharged to continue the in-
190 hand walking and had an alteration in remedial farriery but no further IA treatments.

191

192 **Discussion**

193 In this case series three out of five horses treated with a single injection of
194 polyacrylamide hydrogel were able to return to ridden exercise within two months of
195 treatment. These horses had previously been treated for osteoarthritis of the DIPJ
196 unsuccessfully. They had multiple pathologies of the distal limb and prognosis for
197 return to ridden exercise was considered poor before treatment with polyacrylamide
198 hydrogel.

199

200 In previous studies the success following treatment with other more conventional IA
201 medications in horses with osteoarthritis the results vary greatly (11,12). Response to
202 treatment depends on correct diagnosis, with IA diagnostic analgesia of the DIPJ
203 being non-specific for diagnosing pain of the DIPJ (13,14). Despite this a diagnosis of

204 osteoarthritis is commonly made based on response to IA analgesia along with
205 radiographic evidence of osteoarthritis. The complex soft tissue structures within the
206 hoof will not be able to be assessed without advanced imaging and may be
207 contributing factors to the lameness.

208

209 MRI has improved diagnosis and accurate treatment for horses with lameness
210 originating from the feet. In this case series all horses had MRI, as well as
211 radiographs of the front feet. Lameness was considered to be multifactorial in all of
212 the horses with changes to the navicular apparatus, DIPJ and multiple other lesions
213 detected on MRI. With radiology alone, the most significant finding in all horses
214 were consistent with varying degrees of osteoarthritis of the DIPJ (and PIPJ in two
215 horses).

216

217 Osteoarthritis in the DIPJ in horses is commonly managed with IA corticosteroids,
218 along with rest, systemic anti-inflammatory medication and remedial shoeing.
219 Corticosteroids are among the most commonly used intra-synovial treatment in
220 horses, along with other treatments such as hyaluronan, polysulfated
221 glycosaminoglycan (PSGAG), or a combination of these drugs (15). When these
222 treatments fail, treatment of osteoarthritis of the DIPJ can pose a significant
223 challenge to the treating veterinarian.

224

225 In a multicentre prospective study, the efficiency of triamcinolone was compared
226 with the combination of triamcinolone acetonide and sodium hyaluronate (HA) (1).
227 Out of 80 horses, 36 DIPJ were included in this study with 17 treated with
228 triamcinolone acetonide and 19 treated with triamcinolone acetonide and HA
229 showing a success rate in horses treated with triamcinolone of 87.7% and for horses

230 treated with triamcinolone + HA of 64.1%. However, at 3-month the difference was
231 minimal with only approximately 50% of horses from both groups returned to
232 previous exercise. Other studies support this short-term effect of corticosteroids,
233 with one retrospective study reporting a short-term improvement in 58% of horses
234 followed by a deterioration of 90% of horses after 56 days (2). Similarly, poor long-
235 term response to intra-articular corticosteroids treatment in horses with a positive
236 response to intra-articular analgesia of the DIPJ have been described in a
237 retrospective study by Kristiansen and Kold (2007). At 12 months follow-up, only
238 36% of horses treated with methylprednisolone were sound (16). A further study by
239 Travis de Clifford et al (2021) found polyacramide hydrogel to have superior
240 therapeutic effects when compared to corticosteroid in the management of middle
241 carpal joint lameness with only 27% of horses treated triamcinolone acetone sound
242 at 6 weeks post-medication compared to 83% treated with polyacramide hydrogel.
243 These studies highlight the limitation of current therapies and demonstrate the need
244 for further validation of treatment such as polyacramide hydrogel.

245

246 In addition to more conventional therapies intra-lesional or intra-synovial use of
247 biological products have become more popular, such as autologous conditioned
248 serum, platelet rich plasma and mesenchymal stem cells (17). Autologous
249 conditioned serum has been shown to reduce the lameness score in horses with
250 induced osteoarthritis of the middle carpal joint (18). Therapies like stem cells and
251 platelet rich plasma are more commonly used as an intra-lesional treatment, and
252 evidence of the efficiency as an intra-articular therapy to treat osteoarthritis is
253 limited (19,20). In this case series, one of the horses (C3) failed to improve with
254 treatment using both corticosteroids and polyacrylamide hydrogel and was
255 subsequently treated with intra-articular autologous stem cells. However, the horse

256 failed to improve and was retired from ridden exercise. The other horse (C4) that
257 failed to improve to the polyacrylamide hydrogel had also undergone treatment with
258 intra-articular autologous stem cells, however the treatments had been scheduled
259 close together without allowing time for repeat assessment and improvement in
260 between.

261

262 Polyacrylamide hydrogel is a new treatment for horses with osteoarthritis and there
263 is limited scientific evidence for its use. IA polyacrylamide hydrogel treatment in 12
264 horses with lameness associated with the DIPJ demonstrated an improvement in 10
265 out of the 12 horses (3). A prospective multi-centre study with horses diagnosed with
266 osteoarthritis of the metacarpo(tarso)phalangeal and carpal joints similarly, showed
267 a significant and long lasting (24 months) improvement in lameness grade (4). Based
268 on an osteoarthritis model in goats it has been suggested that polyacrylamide
269 hydrogel acts on the synovial membrane resulting in a reduced stiffness of the joint
270 capsule and thereby reduce the pain and clinical signs of lameness (4). Histology of
271 horses treated with polyacrylamide hydrogel for osteoarthritis of the DIPJ,
272 metacarpo(tarso)phalangeal and carpal joints have shown that the polyacrylamide
273 hydrogel becomes integrated with the synovial membrane, over a period of up to 24
274 months (21).

275

276 In a preliminary field trial evaluating the efficacy of polyacrylamide hydrogel, horses
277 with more advanced osteoarthritis and lameness grade were considered less likely to
278 responds to treatment (8). However, lameness scores were found to consistently
279 decrease irrespective of initial lameness score. Similarly, the horses in this case series
280 were all given a poor prognosis based on high lameness grades and evidence of
281 osteoarthritis in four of the horses, and the final horse having a substantial articular

282 injury involving the DIPJ. The response to treatment in the three horses with
283 osteoarthritis as the primary pathology, was good. Two horses in this case series had
284 signs of osteoarthritis, however other pathology was considered significant with one
285 having a severe injury involving the distal articulation of the second phalanx and the
286 other bone bruising to the navicular bone and P3. In both cases that failed to respond
287 to treatment, the severity of concurrent pathologies is likely a major contributing
288 factor, especially given only mild osteoarthritis of the DIPJ was diagnosed based on
289 MRI.

290

291 **Conclusions**

292 Although scientific evidence is still limited the effect of polyacrylamide hydrogel, it is
293 a promising new treatment for horses with primary distal interphalangeal joint
294 osteoarthritis. The limitations of this case series include a small population of horses,
295 the retrospective nature of this paper, the lack of blinding of the clinicians and the
296 lack of long-term follow up in several of the cases. The multiple pathologies
297 identified in the foot of all horses and the lack of IA diagnostic analgesia is also a
298 limitation. Further work to investigate the effect of polyacrylamide hydrogel for
299 different conditions is still needed.

300

301 **Manufacturer's Addresses**

- 302 1. Arthramid Vet: Contura, 2860 Soeburg, Denmark.
- 303 2. Kenalog: Bristol Myers Squibb, Pharmaceuticals Unlimited Company, Plaza
304 254, Blanchardstown Corporate Park 2, Dublin 15, Dublin, D15 T867
- 305 3. Depo-medrone: Pfizer Limited, Ramsgate Road, Sandwich, Kent CT13 9NJ,
306 United Kingdom
- 307 4. Arti-cell® forte: Boehringer Ingelheim International GmbH, Binger
308 Strasse 173 , 55216 Ingelheim am Rhein, Germany

309 **Author Contributions**

310 Hattie Barnes: Methodology, Validation, Writing- review and editing.

311 Alison Talbot: Image interpretation, Validation, Writing- review and editing.

312 Nadine Ogden: Conceptualization, Methodology, Validation, Formal analysis,
313 Writing – original draft & editing & supervision.

314 **Figures**



Figure 1. Dorsopalmar and lateromedial radiographs of C2. Demonstrating marked osteophyte formation associated with the DIPJ and PIPJ, lateral-medial imbalance, as well as ossification of the cartilages of the hoof.

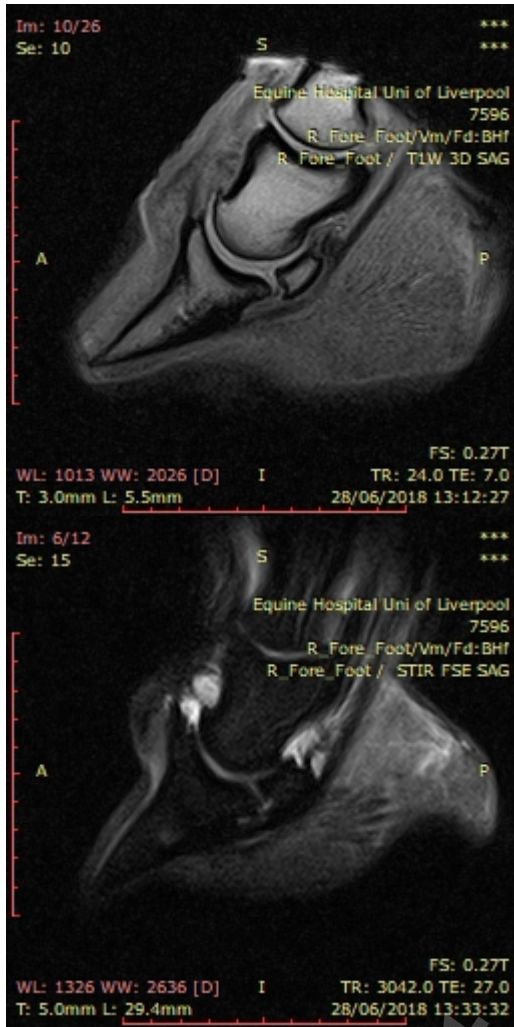


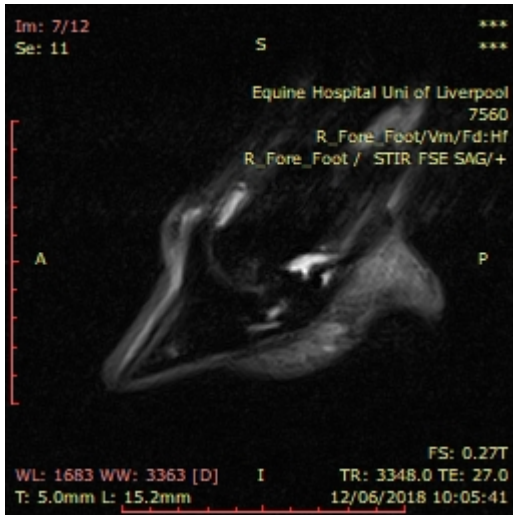
Figure 2a and b.

MRI images of C2 in sagittal; T1W 3D demonstrating osteophytes of the dorsodistal and dorsoproximal aspect of the second phalanx and dorsoproximal third phalanx, as well as dorsodistal first phalanx. Mild effusion of the navicular bursa and moderate effusion of the DIPJ can be seen in the STIR FSE.



Figure 3. Dorsopalmar and latromedial radiographs of C3. Demonstrating mild osteophyte formation associated with the DIPJ and lateromedial imbalance.





316
317

318 **Figure 4a and b**

319 MRI images of C3 in sagittal; T1W 3D demonstrating moderate modelling of the DIPJ
 320 with osteophytosis of the distal P2 and proximal P3 and moderate distal border
 321 changes to the navicular bone. Note the alterations in the subchondral bone signal
 322 and irregular outline of the articular surface. Mild effusion of the navicular bursa can
 323 be seen in the STIR FSE.
 324

325 **Tables**

326

Table 1. Signalment, imaging diagnosis, treatment and outcome				
	Case 1	Case 2	Case 3	Case 4
Signalment and History	<ul style="list-style-type: none"> ▪ 17 year old ▪ French Comtois ▪ Mare ▪ Chronic (<2 years) bilateral fore limb lameness ▪ Acute bilateral, predominantly RF limb lameness of 2 weeks duration ▪ Treated with IA triamcinolone and hyaluronic acid of the DIPJ <2 years 	<ul style="list-style-type: none"> ▪ 14 year old ▪ French Comtois ▪ Mare ▪ 4 months history of right fore lameness localised to the DIPJ with IA analgesia ▪ Treated with IA methylprednisolone 2 months before presentation of the lame limb 	<ul style="list-style-type: none"> ▪ 6 year old ▪ Quarter Horse ▪ Gelding ▪ 9 week history of right fore limb lameness ▪ Diagnostic analgesia before presentation; no change in lameness following PDNB and resolution in lameness following ASNB 	<ul style="list-style-type: none"> ▪ ▪ ▪ ▪ ▪

	ago with poor response			
Lameness	<ul style="list-style-type: none"> ▪ 2/10 left fore (LF) lame ▪ Circles on soft ground ▪ To the left; 1/10 LF lame ▪ To the right; 1/10 LF lame ▪ Circles on hard ground ▪ To the left; 5/10 LF lame ▪ To the right; 3/10 RF lame ▪ Blocked partially to palmar digital nerve block on the LF and RF. ▪ Blocked completely to abaxial sesamoidean nerve block on the LF limb ▪ Blocked completely to IA analgesia of the LF DIPJ 	<ul style="list-style-type: none"> ▪ 3/10 right fore lame ▪ Circles on soft ground. To the left; 6/10 RF lame To the right; 5/10 RF lame ▪ Circles on hard ground. To the left; 5/10 LF lame To the right; 3/10 RF lame ▪ Blocked partially to palmar digital nerve block on the LF and RF ▪ Blocked completely to abaxial sesamoidean nerve block on the LF limb ▪ Blocked completely to IA analgesia of the RF DIPJ 	<ul style="list-style-type: none"> ▪ 1/10 RF lame ▪ Circles on hard ground ▪ To the left; short cranial stride in both fore limbs ▪ To the right; 2/10 RF lame 	<ul style="list-style-type: none"> ▪ ▪
Imaging diagnosis (MRI findings)	<ul style="list-style-type: none"> ▪ Bilateral desmitis of the collateral ligaments of the DIPJ ▪ Bilateral mild OA of the DIPJ ▪ Moderate OA of the PIP joint ▪ Bilateral navicular disease ▪ Desmitis of the oblique sesamoidean ligament of the LF limb 	<ul style="list-style-type: none"> ▪ Moderate desmitis of the collateral ligaments of the DIPJ of the RF limb ▪ Ossification of the hoof cartilages bilaterally ▪ Bilateral marked OA of the DIP and PIP joints ▪ Suspected keratoma in the lateral part of the dorsal hoof wall of the LF limb 	<ul style="list-style-type: none"> ▪ Subchondral bone injury to the second phalanx and the articular surface in the mid weight bearing aspect of the articulation in the DIPJ ▪ Mild OA of the DIPJ bilaterally ▪ Moderate bilateral modelling of the navicular bones 	<ul style="list-style-type: none"> ▪ ▪ ▪

Treatment	<ul style="list-style-type: none"> ▪ IA 1ml of 2.5% polyacrylamide of the DIP of the LF limb ▪ IA 2mg triamcinolone acetonide of the DIP of the LF limb ▪ Remedial shoeing with heart bar shoes on front feet ▪ In-hand walking for 3 weeks ▪ Gradual return to ridden exercise after 3 weeks ▪ Gradual return to turn out 24 hours after treatment, commencing with small paddock 	<ul style="list-style-type: none"> ▪ IA 1ml of 2.5% polyacrylamide of the DIP of the RF limb ▪ IA 3mg triamcinolone acetonide of the DIP of the RF limb ▪ Remedial shoeing with heart bar shoes on front feet ▪ In-hand walking for 6 weeks ▪ Gradual return to ridden exercise after 6 weeks ▪ Gradual return to turn out 24 hours after treatment, commencing with small paddock 	<ul style="list-style-type: none"> ▪ IA 6mg triamcinolone acetonide of the DIPJ in both fore limbs ▪ Stall rest and in-hand walking for 4 weeks ▪ No improvement of lameness after 4 weeks rest ▪ IA 1ml of 2.5% polyacrylamide of the DIP of the RF limb ▪ Stall rest and in-hand walking for 6 weeks ▪ Turn out commenced after 6 weeks 	<ul style="list-style-type: none"> ▪ ▪ ▪ ▪
Outcome	<ul style="list-style-type: none"> ▪ Sound at a trot in a straight line at 9 weeks 	<ul style="list-style-type: none"> ▪ 1/10 RF limb lameness at a trot in a straight line at 6 weeks 	<ul style="list-style-type: none"> ▪ Sound at a trot in a straight line at 13 weeks after treatment with polyacrylamide hydrogel ▪ At 21 weeks post treatment repeat MRI showed 	<ul style="list-style-type: none"> ▪

			<p>deterioration of MRI findings</p> <ul style="list-style-type: none"> ▪ At 26 weeks post medication the horse was showing a 3/10 lameness of the right fore in a straight line and the joint was medicated with autologous stem cells ▪ 10 months after medication with polyacrylamide remained RF limb lame
--	--	--	--

Table 2. Radiographic findings

	Case 1	Case 2	Case 3	Case 4	Case 5
Osteophyte formation of the DIP joint of the primary lame limb	Moderate	Marked	Mild	Mild	Mild
Osteophyte formation of the DIP joint of the contralateral limb	Moderate	Moderate	Mild	Mild	Mild
Osteophyte formation of the PIP joint of the primary lame limb	Moderate	Marked	None	Mild	None
Osteophyte formation of the PIP joint of the contralateral limb	Moderate	Marked	None	Mild	None

*Mediolateral imbalance of the primary lame limb	0.14	0.77	0.51	0.18	0.03
*Mediolateral imbalance of the contralateral limb	0.46	0.6	0.00	0.38	0.32
Ossification of the collateral cartilages of the primary lame limb	None	Marked	None	None	None
Ossification of the collateral cartilages of the contralateral limb	None	Marked	None	None	None

*Difference between the most distal lateral aspect of the pedal bone to the ground compared to the most distal medial aspect of the pedal bone to the ground (cm)

328

Table 3. MRI findings

	Case 1	Case 2	Case 3	Case 4
Osteophyte formation of the margins of the DIPJ of the primary lame limb	Mild	Moderate	Mild	Mild
Osteophyte formation of the margins of the DIPJ of the contralateral limb	Mild	Marked	Mild	Mild
Effusion of the DIPJ of the primary lame limb	Marked	Moderate	Mild	Mild
Effusion of the DIPJ of the contralateral limb	Marked	Moderate	Mild	None
Osteophyte formation of the margins of the PIPJ of the primary lame limb	Moderate	Marked	None	None
Osteophyte formation of the margins of the PIPJ of the contralateral limb	Moderate	Moderate	None	None
Effusion of the PIPJ of the primary lame limb	None	Moderate	None	None
Effusion of the PIPJ of the contralateral limb	None	Moderate	None	None
Collateral ligament of the DIPJ of the primary lame limb	Medial collateral ligament enlargement, enthesiophytes at origin and	Mild lateral collateral ligament enlargement	None	None

	insertion of the medial and lateral collateral ligaments				
Collateral ligament of the DIPJ of the contralateral limb	Medial and lateral collateral ligament enlargement, with enthesiophytes at origin and insertion	None	None	None	None
Collateral ligament of the PIPJ of the primary lame limb	None	Marked new bone formation on the dorsolateral and dorsomedial aspect of the PIP joint and proximal P2 at the site of insertion of the medial and lateral collateral ligaments	None	None	None
Collateral ligament of the PIPJ of the contralateral limb	None	None	None	None	None
Navicular changes of the primary lame limb	Irregular distal border, enlarged synovial fossae, mild diffuse increase in signal on fat suppressed images in the medulla	Mild effusion of the navicular bursa	Moderate distal border changes	Mild diffuse increase in signal on fat suppressed images in medulla of navicular bone.	
Navicular changes of the contralateral limb	Multiple enlarged synovial	Mild effusion of the	Moderate distal border changes	None	

Other findings in the primary lame limb

fossae, mild increase in signal intensity of fat suppressed images in the medulla

The distal part of the lateral sesamoidean oblique ligament was poorly defined and there was new bone formation at the site of insertion of the medial and lateral oblique sesamoidean ligaments

navicular bursa

Marked ossification of the hoof cartilages

Alteration to the subchondral bone signal and irregular outline of the articular surface associated with the distal articulation of the second phalanx. On the frontal scans this appears like an indentation of the cartilage/subchondral bone. There is mild increase in signal intensity associated with this finding.

Slight invagination of the articular bone surface of distal P2 at the midline and mild thickening of the subchondral bone of distal P2 at this site. Subtle decrease in signal on T1 and T2* images in the summative cartilage layers at the midline. Slightly poor definition of the borders of the distal sesamoidean impar ligament (DSIL). Mild irregularity of the dorsal surface of the medial lobe of the DDFT in the proximal recess of the navicular bursa

Other findings in the contralateral limb

None

A discrete wedge-shaped low signal intensity area in the lateral part of the laminar layers of the dorsal hoof wall. There is a corresponding underlying concavity in the margin of P3 at this location. Ossification of the hoof cartilages

Irregular slightly pointed contour to the distal condyle of P2 in the mid line and irregularity of the subchondral bone at this site. The proximal articular margin of the mid P3 is also slightly irregular and has a focal discrete area of increased T1 and T2 signal in the cortex at the mid line. There is also focal decreased signal intensity in the summative cartilage layers in the midpoint of the joint consistent with focal cartilage loss. Poor definition of the DSIL. Mild increase in signal on fat suppressed images in

329

330

331 1. de Grauw, J.C., Visser-Meijer, M.C., Lashley, F., Meeus, P. and van Weeren PR.

332 Intra-articular treatment with triamcinolone compared with triamcinolone

333 with hyaluronate: A randomised open-label multicentre clinical trial in 80

334 lame horses. *Equine Vet J.* 2016;48(2):152–8.

335 2. Labens, R., Voûte, L.C. and Mellor DJ. Retrospective study of the effect of

336 intra-articular treatment of osteoarthritis of the distal tarsal joints in 51 horses.

337 *Vet Rec.* 2007;161(18):611.

338 3. Janssen, I., Koene, M. and Lischer L. Intraartikuläre Applikation von

339 Polyacrylamid Hydrogel zur Behandlung von Osteoarthritis des Hufgelenkes:

340 Fallserie von 12 Pferden. *Pferdheilkunde.* 2012;28:650–6.

341 4. Tnibar, A., Schougaard, H., Camitz, L., Rasmussen, J., Koene, M., Jahn, W.

342 and Markussen B. An international multi-centre prospective study on the

343 efficacy of an intraarticular polyacrylamide hydrogel in horses with

344 osteoarthritis: a 24 months follow-up. *Acta Vet Scand.* 2015;57(1):20.

345 5. Henriksen, M., Overgaard, A., Hartkopp, A. and Bliddal H. Intra-articular 2.5%

346 polyacrylamide hydrogel for the treatment of knee osteoarthritis: an

347 observational proof-of-concept cohort study. *Clinical and experimental*

348 *rheumatology.* 2018. p. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/>.

349 6. Zar, V.V., Zagorodniy, N.V. and Martinov D. Effectiveness and safety of

350 injectable endoprosthesis of synovial fluid by cross-linked polymer NOLTREX

- 351 for treatment OA knee. *Eur J Musculoskelet Dis.* 2012;1(1):23–32.
- 352 7. Dyson, S. and Murray R. Magnetic resonance imaging of the equine foot. *Clin*
353 *Tech equine Pr.* 2007;6:46–61.
- 354 8. McClure, S.R. and Wang C. A preliminary field trial evaluating the efficacy of
355 4% polyacrylamide hydrogel in horses with osteoarthritis. *J Equine Vet Sci.*
356 2017;54:98–102.
- 357 9. McClure, S.R., Yaeger, M. and Wang C. Clinical and Histologic Evaluation of
358 Polyacrylamide Gel in Normal Equine Metacarpal/Metatarsal-Phalangeal
359 Joints. *J Equine Vet Sci.* 2017;54:70–7.
- 360 10. Fuller, C.J., Bladon, B.M., Driver, A.J. and Barr AR. The intra-and inter-
361 assessor reliability of measurement of functional outcome by lameness scoring
362 in horses. *Vet J.* 2006;171(2):281–6.
- 363 11. Gutierrez-Nibeyro, S.D., White, N.A. and Werpy N. Outcome of medical
364 treatment for horses with foot pain: 56 cases. *Equine Vet J.* 2010;42:680–5.
- 365 12. Jöstingmeier U. Vergleichende Betrachtung des Behandlungserfolges der
366 intraartikulären kombinierten Behandlung mit Natriumhyaluronat und
367 Betamethason mit der intraartikulären Behandlung mit autologem
368 konditionierten Serum (IL-1 Ra) bei Pferden mit positiver Hufgelenkanäs.
369 Mensch und B Verlag Berlin. 2009;
- 370 13. Schumacher, J., Schumacher, J., De Graves, F., Steiger, R., Schramme, M.,
371 Smith, R. and Coker M. A comparison of the effects of two volumes of local
372 analgesic solution in the distal interphalangeal joint of horses with lameness
373 caused by solar toe or solar heel pain. *Equine Vet J.* 2001;33(3):265–8.
- 374 14. Schumacher, J., Schumacher, J., Gillette, R., DeGraves, F., Schramme, M.,
375 Smith, R., Perkins, J. and Coker M. The effects of local anaesthetic solution in
376 the navicular bursa of horses with lameness caused by distal interphalangeal

- 377 joint pain. *Equine Vet J.* 2003;35(5):502–5.
- 378 15. Ferris, D.J., Frisbie, D.D., McIlwraith, C.W. and Kawcak CE. Current joint
379 therapy usage in equine practice: a survey of veterinarians 2009. *Equine Vet J.*
380 2011;43(5):530–5.
- 381 16. Kristiansen, K.K. and Kold SE. Multivariable analysis of factors outcome of two
382 treatment protocols in 128 cases of horses responded positively to intra-
383 articular analgesia of the distal interphalangeal joint. *Equine Vet J.*
384 2007;39:150–6.
- 385 17. Parker R. Current therapeutic options for intra-articular medication in horses.
386 *Livestock.* 2014;19(4):243–7.
- 387 18. Frisbie, D.D., Kawcak, C.E., Werpy, N.M., Park, R.D. and McIlwraith CW.
388 Clinical, biochemical, and histologic effects of intra-articular administration of
389 autologous conditioned serum in horses with experimentally induced
390 osteoarthritis. *Am J Vet Res.* 2007;68(3):290–6.
- 391 19. Abellanet, I. and Prades M. Intraarticular platelet rich plasma (PRP) therapy:
392 evaluation in 42 sport horses with OA. In: *Proceedings of the International*
393 *Congress of World Equine Veterinary Association: September. 2009.*
- 394 20. Ferris, D.J., Frisbie, D.D., Kisiday, J.D., McIlwraith, C.W., Hague, B.A., Major,
395 M.D., Schneider, R.K., Zubrod, C.J., Kawcak, C.E. and Goodrich LR. Clinical
396 outcome after intra-articular administration of bone marrow derived
397 mesenchymal stem cells in 33 horses with stifle injury. *Vet Surg.*
398 2014;43(3):255–65.
- 399 21. Christensen, L., Camitz, L., Illigen, K.E., Hansen, M., Sarvaa, R. and Conaghan
400 P. Synovial incorporation of polyacrylamide hydrogel after injection into
401 normal and osteoarthritic animal joints. *Osteoarthr Cartil.* 2016;24(11):1999–
402 2002.

403 22. de Clifford LT, Lowe JN, McKellar CD, McGowan C, David F. A Double-
404 Blinded Positive Control Study Comparing the Relative Efficacy of 2.5%
405 Polyacrylamide Hydrogel (PAAG) Against Triamcinolone Acetonide (TA) And
406 Sodium Hyaluronate (HA) in the Management of Middle Carpal Joint
407 Lameness in Racing Thoroughbreds. Journal of equine veterinary science.
408 2021 Dec 1;107:103780.

409

410

411