CLAIMS:

1. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:

a housing having an open first end and a second end;

a syringe movably disposed in the housing, the syringe including a barrel portion for holding the substance, a hollow needle in fluid communication with the barrel portion for ejecting the substance from the syringe, and a bung for sealing the barrel portion and selectively applying pressure to the substance to force the substance through the hollow needle;

a syringe actuation component for first moving the syringe towards the first end of the housing such that the needle projects from the first end and for subsequently applying pressure to the bung, the syringe actuation component including a pressurizer, at a first end of the syringe actuation component, for selectively applying pressure to the bung, a rod comprising a compressible portion projecting from the rod along at least a portion of a length of the rod, the compressible portion having a first expanded position prior to entering the barrel portion of the syringe and a second compressed position for initiating movement of the bung ~~a radially compressible expanded central portion~~ and a flange between a second end of the syringe actuation component and the radially compressible expanded central portion; and

a first biasing mechanism for biasing the syringe actuation component towards the first open end of the housing, the first biasing mechanism disposed between the flange of the syringe actuation component and the second end of the housing.

2. The automatic injection device of claim 1, further comprising an activation button coupled to the housing for actuating the syringe actuation component.

3. The automatic injection device of claim 2, further comprising a latch ~~actuated by the activation button~~ for latching the syringe actuation component in a retracted position prior to actuation by the activation button.

4. The automatic injection device of claim 1, further comprising a window on the housing for viewing the interior of the housing.

~~5~~7. The automatic injection device of claim 1, further comprising an indicator for indicating when the syringe is empty.

~~6~~8. The automatic injection device of claim 1, wherein the syringe contains a dose of a TNF inhibitor to be injected into a user.

~~7~~9. The automatic injection device of claim 1 further comprising a removable cap for covering one of the first end of the housing ~~and~~ or the second end of the housing.

~~8~~10. The automatic injection device of claim 1, further comprising a needle sheath that advances over the needle projecting through the first end after ejection of the substance from the syringe.

~~9~~11. The automatic injection device of claim 1, further comprising a dose of a TNF inhibitor loaded in the barrel portion of the syringe.

~~10. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:~~

~~a housing having an open first end and a second end;~~

~~a syringe movably disposed in the housing, the syringe including a barrel portion for holding the substance, a hollow needle in fluid communication with the barrel portion for ejecting the substance from the syringe, and a bung for sealing the barrel portion and selectively applying pressure to the substance to force the substance through the hollow needle;~~

~~one or more actuators for selectively moving the syringe towards a first end of the housing so that the needle extends from the open first end of the housing and for expelling the substance from the syringe after movement of the syringe towards the open first end of the housing; and~~

~~a first removable cap for covering the first end of the housing and sheathing the needle.~~

~~11. The automatic injection device of claim 10, further comprising a dose of a TNF inhibitor loaded in the barrel portion of the syringe.~~

~~12. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:~~

~~a housing having an open first end, a second end and a window disposed in a side wall for viewing the interior of the housing;~~

~~a syringe movably disposed in the housing, the syringe including a barrel portion for holding the substance, a hollow needle in fluid communication with the barrel portion for~~

~~ejecting the substance from the syringe, and a bung for sealing the barrel portion and selectively applying pressure to the substance to force the substance through the hollow needle, wherein the window is configured for viewing the substance held in the syringe before injection; and~~

~~one or more actuators for selectively moving the syringe towards a first end of the housing so that the needle extends from the first end of the housing and for expelling the substance from the syringe after movement of the syringe towards the first end of the housing.~~

12. The automatic injection device of claim 1, wherein the compressible portion extends along a longitudinal length of the rod between a lower solid portion of the rod forming the pressurizer and an upper solid portion of the rod.

13. The automatic injection device of claim 1, wherein the compressible portion comprises:

a central void extending at least along a portion of the syringe actuation component; and

one or more flexible elbows provided on either side of the central void, wherein the one or more elbows project radially outwardly from the central void when the compressible portion is in the first expanded position, and wherein the one or more elbows are collapsed radially inwardly toward the central void when the compressible portion is in the second compressed position.

14. The automatic injection device of claim 1, wherein the flange is configured to hold the first biasing mechanism in a compressed position until actuation of the automatic injection device.

15. The automatic injection device of claim 1, wherein the syringe actuation component further comprises:

a base extending distally from the flange toward the second end of the housing, the base configured to support the first biasing mechanism.

16. The automatic injection device of claim 15, wherein the base comprises:

one or more flexible legs around which the first biasing mechanism coils.

~~13~~5. The automatic injection device of claim ~~12~~4, wherein the window has a substantially key-hole shape.

~~14~~6. The automatic injection device of claim ~~12~~4, wherein the window includes a fill line at a position in the window for indicating a full dose of the substance.

~~15. The automatic injection device of claim 12, further comprising a dose of a TNF inhibitor loaded in the barrel portion of the syringe.~~

~~16. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:~~

~~a housing having an open first end and a second end;~~

~~a syringe movably disposed in the housing, the syringe including a barrel portion for holding the substance, a hollow needle in fluid communication with the barrel portion for ejecting the substance from the syringe, and a bung for sealing the barrel portion and selectively applying pressure to the substance to force the substance through the hollow needle; and~~

~~a syringe actuation component for selectively applying pressure to the bung, the syringe actuation component having a longitudinal axis and including:~~

~~a pressurizer configured to be inserted into the barrel portion of the syringe and disposed at a first solid portion of the syringe actuation component,~~

~~a radially compressible expanded central portion, and~~

~~an indicator disposed at a second solid portion of the syringe actuation component for indicating when the contents of the syringe have been expelled, wherein the radially compressible expanded central portion is disposed longitudinally between the first solid portion and the second solid portion.~~

~~17. The automatic injection device of claim 16, further comprising a dose of a TNF inhibitor loaded in the barrel portion of the syringe.~~

~~18. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:~~

~~a housing having an open first end, a second end and having a window formed in a side wall thereof;~~

~~a syringe movably disposed within the housing for storing and selectively ejecting the substance from the open first end, wherein the window is configured for viewing the substance held in the syringe before injection; and~~

~~an indicator that aligns with the window in the side wall when the syringe is substantially empty of the substance.~~

~~19. The automatic injection device of claim 18, further comprising a dose of a TNF inhibitor loaded in the syringe.~~

~~20~~17. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:

a housing having an open first end and a second end;

a plunger including a rod configured to be connected or adjacent at a first end to a bung of a syringe, a ~~radially~~ compressible ~~expanded central~~ portion projecting from the rod along at least a portion of a length of the rod, the compressible portion having a first expanded inactivated position and a second compressed activated position for initiating movement of the bung, and a flange between a second end of the rod and the ~~radially~~ compressible ~~expanded central~~ portion; and

a biasing mechanism for biasing the plunger towards the first open end of the housing, the biasing mechanism disposed about the second end of the rod between the flange and the second end of the housing.

~~21~~18. The automatic injection device of claim ~~20~~17, further comprising an activation button coupled to the housing for actuating the plunger.

~~22~~19. The automatic injection device of claim ~~20~~18, further comprising a latch ~~actuated by the activation button~~ for latching the plunger in a retracted position prior to actuation by the activation button.

~~23~~20 The automatic injection device of claim ~~20~~17, further comprising a window on the housing for viewing the interior of the housing.

~~24 A housing for an automatic injection device, comprising:~~

~~a hollow substantially tubular housing including an open first end and a second end, the hollow substantially tubular housing configured to slidably receive a syringe therein;~~

~~a first stop in an interior surface of the housing for limiting movement of the syringe in a first direction;~~

~~a second stop on the interior surface of the housing for limiting movement of the syringe in a second direction; and~~

~~a window formed in a side wall of the housing for allowing viewing of the interior of the housing and for viewing a substance held in the syringe before injection.~~

~~25. The housing of claim 24 further comprising a shelf formed between the open first end and the first stop for seating a biasing mechanism for biasing the syringe away from the first end of the housing.~~

~~26. The housing of claim 24, further comprising an activation button coupled to the second end of the tubular housing for selectively activating the syringe to move from a first, retracted position to a second, projecting position where a needle of the syringe projects from the first end, and, while the syringe is in the second, projecting position, apply pressure to eject a substance from the syringe.~~

~~27. A syringe and carrier unit for use in an automatic injection device having a housing, comprising:~~

~~a barrel portion for containing a substance;~~

~~a hollow needle in fluid communication with the barrel portion;~~

~~a bung for sealing the barrel portion, the bung movable within the barrel portion to increase pressure within the barrel portion to force the substance through the hollow needle;~~

~~a first stop formed on an intermediate portion of the barrel portion for abutting a stop in the housing of the automatic injection device to limit movement of the barrel portion in a first direction with respect to the housing;~~

~~a second stop formed on a distal end of the barrel portion for limiting movement of the barrel portion relative to the housing of the automatic injection device in a second direction; and~~

~~a plunger for selectively moving the syringe towards an open first end of the housing of the automatic injection device, such that the needle projects from the first end, and for applying pressure to the bung to cause the syringe to eject the substance through the hollow needle, the plunger comprising a rod connectable at a first end to the bung and having a radially compressible expanded central portion disposed longitudinally between a first solid portion and a second solid portion of the rod.~~

~~28. The syringe and carrier unit of claim 27, wherein the plunger further includes an indicator for indicating when the syringe has ejected substantially all of the substance through the hollow needle.~~

~~29. The syringe and carrier unit of claim 27, further comprising a dose of a TNF inhibitor loaded in the barrel portion of the syringe.~~

~~30. The syringe and carrier unit of claim 27, further comprising a dose of adalimumab in a formulation, wherein the formulation comprises adalimumab, sodium chloride, monobasic sodium phosphate dihydrate, dibasic sodium phosphate dihydrate, sodium citrate, citric acid monohydrate, mannitol, polysorbate 80, and water.~~

~~31. The syringe and carrier unit of claim 30, further comprising a 40 mg dose of adalimumab.~~

~~32. The syringe and carrier unit of claim 29 or 30, further comprising sodium hydroxide.~~

~~33. A syringe actuation component for an injection device, comprising:~~

~~a rod portion having a first end, a second end, a radially compressible expanded central portion and a flange between the second end of the syringe actuation component and the radially compressible expanded central portion; and~~

~~a pressurizer formed on the first end of the rod portion for applying pressure to a bung of a syringe.~~

~~34. The syringe actuation component of claim 33, further comprising an anchoring portion formed on a second end of the rod portion for anchoring a coil spring to the syringe actuation component.~~

~~35. The syringe actuation component of claim 33, further comprising an indicator for indicating completion of an injection formed in a solid rod portion between the radially compressible expanded central portion and the second end.~~

~~36. The syringe actuation component of claim 35, further comprising a retaining flange for holding the coil spring in a compressed position until actuation.~~

~~37. The syringe actuation component of claim 36, further comprising a spring base for the coil spring extending between the anchoring end and the retaining flange.~~

~~38. The syringe actuation component of claim 37, wherein the spring base comprises flexible legs around the spring coils.~~

~~39. The syringe actuation component of claim 38, wherein the anchoring end comprises tabbed feet extending from the base and configured to releasably engage an activation button.~~

~~40. An automatic injection device comprising a syringe actuation component of claim 33.~~

~~41~~21. An automatic injection device of any one of claim~~s 1-23~~ 1 or 17 comprising a dose of a TNFα inhibitor.

~~42~~22. The automatic injection device of claim ~~41~~21, wherein the TNFα inhibitor is selected from the group consisting of an anti-TNFα antibody, or an antigen-binding portion thereof, a TNF fusion protein, or a recombinant TNF binding protein.

~~43~~23. The automatic injection device of claim ~~42~~22, wherein the TNF fusion protein is etanercept.

~~44~~24. The automatic injection device of claim 22~~42~~, wherein the TNFα inhibitor is selected from the group consisting of infliximab, CDP 571, CDP 870, anti-TNF dAb, golimumab, adalimumab, etanercept, p55TNFRIgG and r-TBP-1.

~~45~~25. The automatic injection device of claim ~~42~~2, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is selected from the group consisting of a chimeric antibody, a humanized antibody, a human antibody and a multivalent antibody.

~~46~~28. The automatic injection device of claim ~~42~~22, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is selected from the group consisting of infliximab, golimumab, and adalimumab.

~~47. The automatic injection device of claim 42, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is a human antibody~~

~~48. The automatic injection device of claim 47, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, dissociates from human TNFα with a K_d of 1 x 10^{-8} M or less and a K_{off} rate constant of 1 x 10^{-3} s^{-1} or less, both determined by surface plasmon resonance, and neutralizes human TNFα cytotoxicity in a standard *in vitro* L929 assay with an IC_{50} of 1 x 10^{-7} M or less.~~

~~49~~26. The automatic injection device of claim ~~47~~25, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, is selected from the group consisting of:~~has the following characteristics:~~

i) a human TNFα antibody, or antigen binding portion thereof, that dissociates from human TNFα with a K_d of 1×10^{-8} M or less and a K_{off} rate constant of 1×10^{-3} s^{-1} or less, both determined by surface plasmon resonance, and neutralizes human TNFα cytotoxicity in a standard in vitro L929 assay with an IC_{50} of 1×10^{-7} M or less;

ii) a human TNFα antibody, or antigen binding portion thereof, that:

a) dissociates from human TNFα with a K_{off} rate constant of 1×10^{-3} s^{-1} or less, as determined by surface plasmon resonance;

b) has a light chain CDR3 domain comprising the amino acid sequence of SEQ ID NO: 3, or modified from SEQ ID NO: 3 by a single alanine substitution at position 1, 4, 5, 7 or 8 or by one to five conservative amino acid substitutions at positions 1, 3, 4, 6, 7, 8 and/or 9;

c) has a heavy chain CDR3 domain comprising the amino acid sequence of SEQ ID NO: 4, or modified from SEQ ID NO: 4 by a single alanine substitution at position 2, 3, 4, 5, 6, 8, 9, 10 or 11 or by one to five conservative amino acid substitutions at positions 2, 3, 4, 5, 6, 8, 9, 10, 11 and/or 12.

iii) a human TNFα antibody, or antigen binding portion thereof, that comprises a light chain variable region (LCVR) comprising the amino acid sequence of SEQ ID NO: 1 and a heavy chain variable region (HCVR) comprising the amino acid sequence of SEQ ID NO: 2; and

iv) adalimumab.

~~50. The automatic injection device of claim 47, wherein the human anti-TNFα antibody, or antigen binding portion thereof, comprises a light chain variable region (LCVR) comprising the amino acid sequence of SEQ ID NO: 1 and a heavy chain variable region (HCVR) comprising the amino acid sequence of SEQ ID NO: 2~~

~~51. The automatic injection device of claim 47, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, is adalimumab.~~

~~52~~27. The automatic injection device of claim ~~51~~26, further comprising 40 mg of adalimumab.

~~53~~29. An automatic injection device of any one of claim~~s~~ 1~~-23~~ or 17, wherein the substance is a formulation comprising adalimumab, sodium chloride, monobasic sodium phosphate dihydrate, dibasic sodium phosphate dihydrate, sodium citrate, citric acid monohydrate, mannitol, polysorbate 80, and water.

~~54~~30. The automatic injection device, of claim ~~53-~~29 further comprising a 40 mg dose of adalimumab.

~~55. An automatic injection device comprising a dose of adalimumab, wherein the dose comprises a formulation comprising adalimumab, sodium chloride, monobasic sodium phosphate dihydrate, dibasic sodium phosphate dihydrate, sodium citrate, citric acid monohydrate, mannitol, polysorbate 80, and water.~~

~~56. The automatic injection device of claim 55, further comprising a 40 mg dose of adalimumab.~~

~~57~~31. The automatic injection device of claim ~~53~~29, further comprising sodium hydroxide.

~~58. A article of manufacture, comprising:~~

~~an automatic injection device of any one of claims 1-23 comprising a pre-filled syringe containing a dose of a TNFα inhibitor; and~~

~~an alcohol preparation pad,~~

~~packaged with instructions for use to treat arthritis by injecting the dose into the skin of a user using the automatic injection device.~~

~~59~~32. An article of manufacture comprising:

a) a packaging material; and

b) an automatic injection device of any one of claim~~s~~ 1~~-23~~ or 17 comprising a dose of a TNFα inhibitor.

~~60~~33. A article of manufacture comprising an alcohol prep and a dose tray, wherein the dose tray comprises any one of the automatic injection devices of claim~~s~~ 1~~-23~~ or 17 comprising a dose of a TNFα inhibitor.

61. The article of claim 59, wherein the TNFα inhibitor is selected from the group consisting of an anti-TNFα antibody, or an antigen-binding portion thereof, a TNF fusion protein, or a recombinant TNF binding protein.

62. The article of claim 61, wherein the TNF fusion protein is etanercept.

63. The article of claim 61, wherein the TNFα inhibitor is selected from the group consisting of infliximab, CDP 571, CDP 870, anti-TNF dAb, golimumab, adalimumab, etanercept, p55TNFRIgG and r-TBP-1.

64. The article of claim 61, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is selected from the group consisting of a chimeric antibody, a humanized antibody, and a multivalent antibody.

65. The article of claim 61, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is selected from the group consisting of infliximab, golimumab, and adalimumab.

66. The article of claim 61, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is a human antibody

67. The article of claim 66, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, dissociates from human TNFα with a K_d of 1 x 10^{-8} M or less and a K_{off} rate constant of 1 x 10^{-3} s^{-1} or less, both determined by surface plasmon resonance, and neutralizes human TNFα cytotoxicity in a standard *in vitro* L929 assay with an IC_{50} of 1 x 10^{-7} M or less.

68. The article of claim 66, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, has the following characteristics:

a) dissociates from human TNFα with a K_{off} rate constant of 1 x 10^{-3} s^{-1} or less, as determined by surface plasmon resonance;

b) has a light chain CDR3 domain comprising the amino acid sequence of SEQ ID NO: 3, or modified from SEQ ID NO: 3 by a single alanine substitution at position 1, 4, 5, 7 or 8 or by one to five conservative amino acid substitutions at positions 1, 3, 4, 6, 7, 8 and/or 9;

c) has a heavy chain CDR3 domain comprising the amino acid sequence

of SEQ ID NO: 4, or modified from SEQ ID NO: 4 by a single alanine substitution at position 2, 3, 4, 5, 6, 8, 9, 10 or 11 or by one to five conservative amino acid substitutions at positions 2, 3, 4, 5, 6, 8, 9, 10, 11 and/or 12.

69. The article of claim 66, wherein the human anti-TNFα antibody, or antigen binding portion thereof, comprises a light chain variable region (LCVR) comprising the amino acid sequence of SEQ ID NO: 1 and a heavy chain variable region (HCVR) comprising the amino acid sequence of SEQ ID NO: 2

70. The article of claim 66, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, is adalimumab.

71. The article of claim 70, wherein the dose of adalimumab is 40 mg.

72. The article of claim 58, further comprising a dose of adalimumab in a formulation, wherein the formulation comprises adalimumab, sodium chloride, monobasic sodium phosphate dihydrate, dibasic sodium phosphate dihydrate, sodium citrate, citric acid monohydrate, mannitol, polysorbate 80, and water.

73. The article of claim 72, further comprising a 40 mg dose of adalimumab.

74. The article of claim 72, further comprising sodium hydroxide.

75. An article of manufacture comprising:

a) a packaging material; and

b) an automatic injection device of any one of claims 1-22 comprising adalimumab.

76. A method of injecting a substance, comprising the steps of:

providing an automatic injection device comprising a housing having an open first end, a second end, a syringe movably disposed within the housing containing the substance, a first removable cap covering the first end and a second removable cap covering an activating button on the second end;

removing the first cap to unsheath a needle of the syringe;;

removing the second cap to expose the activating button;

positioning the open first end of the device adjacent the skin of a user;

~~actuating the activating button to cause the needle of the syringe to project from the open first end and into the skin of the user and the substance through the needle an into a subcutaneous region of the user; and~~

~~removing the device after the substance is ejected.~~

~~77. The method of claim 76, wherein the automatic injection device is held at about a 90 degree angle relative to the skin of the user.~~

~~78. The method of claim 76, wherein an indicator provides an indication to the user when the syringe is substantially empty of the substance.~~

~~79. The method of claim 76, wherein the substance loaded and ejected from the syringe is a dose of a TNF inhibitor.~~

~~80~~34. A method of using the automatic injection device of any one of ~~claims 1-23~~claim 1 or 17 for administering a TNF inhibitor to a user~~., the method comprising:~~

~~(a) positioning the automatic injection device at an injection site of the user;~~

~~(b) engaging the activator mechanism to begin injection of the substance to the user;~~

~~(c) maintaining engagement of the activator mechanism for a prescribed period of time to continue injection of the substance or until a visible indicator of completion is detected; and~~

~~(d) removing the automatic injection device from the injection site after passage of the prescribed period of time or once the visible indicator of completion is detected.~~

35. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:

a housing comprising:

an open first end,

a second end,

a window disposed in a side wall for viewing the interior of the housing, and

an indicator that aligns with the window when the substance has been injected into the user;

a syringe movably disposed in the housing, the syringe comprising:

a barrel portion for holding the substance,

a hollow needle in fluid communication with the barrel portion for ejecting the substance from the syringe, and

a bung for sealing the barrel portion and selectively applying pressure to the substance to force the substance through the hollow needle;

a syringe actuation component for first moving the syringe towards the open first end of the housing such that the needle projects from the open first end and for subsequently applying pressure to the bung, the syringe actuation component comprising:

a rod comprising:

an upper solid portion having a first end,

a lower solid portion having a second end operable to move the bung and to transmit an expulsion force thereto,

a projecting portion projecting from the rod along at least a portion of a length of the rod, the projecting portion comprising two or more flexible elbows on either side of a central void provided between the upper and lower solid portions and aligned along a central axis of the rod, the projecting portion having a first expanded position prior to entering the barrel portion of the syringe in which the flexible elbows project radially outwardly to form the central void, and the projecting portion having a second compressed position for applying the second end of the lower solid portion to the bung in which the flexible elbows are compressed radially inwardly toward the central void, and

a flange disposed between the first end of the upper solid portion of the rod and the projecting portion of the rod;

a first biasing mechanism for biasing the syringe actuation component towards the open first end of the housing, the first biasing mechanism disposed between the flange of the syringe actuation component and the second end of the housing;

a second biasing mechanism for holding the syringe retracted in the housing until the first biasing mechanism is released; and

a first removable cap for covering the open first end of the housing or the second end of the housing.

36. The automatic injection device of claim 35, wherein the central void is a longitudinally extending slit.

37. The automatic injection device of claim 35, wherein the housing is fixed relative to the syringe.

38. The automatic injection device of claim 35, further comprising:

an activation button coupled to the housing for actuating the syringe actuation component.

39. The automatic injection device of claim 38, further comprising:

a latch for latching the syringe actuation component in a retracted position prior to actuation by the activation button.

40. The automatic injection device of claim 35, wherein the syringe contains a dose of a TNF inhibitor to be injected into a user.

41. The automatic injection device of claim 35, further comprising:

a dose of a TNF inhibitor pre-loaded in the barrel portion of the syringe.

42. The automatic injection device of claim 41, wherein the TNF inhibitor comprises adalimumab.

43. The automatic injection device of claim 35, further comprising:

a needle sheath configured to advance over the needle projecting through the open first end of the housing after ejection of the substance from the syringe.

~~81. The method of claim 80, wherein the TNFα inhibitor is selected from the group consisting of an anti-TNFα antibody, or an antigen-binding portion thereof, a TNF fusion protein, or a recombinant TNF binding protein.~~

~~82. The method of claim 81, wherein the TNF fusion protein is etanercept.~~

~~83. The method of claim 81, wherein the TNFα inhibitor is selected from the group consisting of infliximab, CDP-571, CDP-870, anti-TNF dAb, golimumab, adalimumab, etanercept, p55TNFRIgG and r-TBP-1.~~

84. The method of claim 81, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is selected from the group consisting of a chimeric antibody, a humanized antibody, and a multivalent antibody.

85. The method of claim 81, wherein the anti-TNFα antibody, or antigen-binding portion thereof, is a human antibody

86. The method of claim 85, wherein the anti-TNFα antibody, or antigen-binding portion thereof, dissociates from human TNFα with a K_d of 1 x 10^{-8} M or less and a K_{off} rate constant of 1 x 10^{-3} s^{-1} or less, both determined by surface plasmon resonance, and neutralizes human TNFα cytotoxicity in a standard *in vitro* L929 assay with an IC_{50} of 1 x 10^{-7} M or less.

87. The method of claim 85, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, has the following characteristics:

a) dissociates from human TNFα with a K_{off} rate constant of 1 x 10^{-3} s^{-1} or less, as determined by surface plasmon resonance;

b) has a light chain CDR3 domain comprising the amino acid sequence of SEQ ID NO: 3, or modified from SEQ ID NO: 3 by a single alanine substitution at position 1, 4, 5, 7 or 8 or by one to five conservative amino acid substitutions at positions 1, 3, 4, 6, 7, 8 and/or 9;

c) has a heavy chain CDR3 domain comprising the amino acid sequence of SEQ ID NO: 4, or modified from SEQ ID NO: 4 by a single alanine substitution at position 2, 3, 4, 5, 6, 8, 9, 10 or 11 or by one to five conservative amino acid substitutions at positions 2, 3, 4, 5, 6, 8, 9, 10, 11 and/or 12.

88. The method of claim 85, wherein the human anti-TNFα antibody, or antigen binding portion thereof, comprises a light chain variable region (LCVR) comprising the amino acid sequence of SEQ ID NO: 1 and a heavy chain variable region (HCVR) comprising the amino acid sequence of SEQ ID NO: 2

89. The method of claim 85, wherein the human anti-TNFα antibody, or antigen-binding portion thereof, is adalimumab.

90. The method of any one of claims 76-89, wherein the user has a disorder in which TNFα is detrimental selected from the group consisting of rheumatoid arthritis, psoriasis, Crohn's disease, ankylosing spondylitis, psoriatic arthritis, and juvenile rheumatoid arthritis.

~~91. A device for training a user to use an automatic injection device, comprising~~

~~a housing having a window,~~

~~an activation button coupled to a first end of the housing, wherein depression of the activation button produces an audible sound indicating initiation of activation; and~~

~~an indicator movably disposed within the housing, wherein the indicator aligns with the window of the housing after a user activates the activation button.~~

~~92. The device of claim 91, further comprising an activation component for selectively moving the indicator from a hidden position to a position aligned with the window.~~

~~93. The device of claim 92, wherein the activation component comprises a rod having an anchoring portion on a first end that is selectively latched by the activation button, a flanged portion for retaining a biasing mechanism towards the first end of the housing, and wherein the indicator is formed between a second end of the rod and the flanged portion.~~

~~94. A kit for training a recipient on use of an automatic injection device, wherein the automatic injection device comprises a needle and a medication, the kit comprising:~~

~~(a) a training device of claim 91, wherein the training device is a demonstration automatic injection device which lacks the needle and the medication; and~~

~~(b) instructions for using the automatic injection device.~~

~~95. The kit of claim 94, wherein the instructions for using the automatic injection device are provided in a printed document or in an audiovisual device.~~

~~96. The kit of claim 95, wherein the audiovisual device is a Video Home System (VHS) cassette or a Digital Video Disc (DVD).~~

~~97. The kit of any one of claims 94-96, wherein the instructions further convey a method to the recipient for using the demonstration automatic injection device, the method comprising:~~

~~(a) position the demonstration automatic injection device at a simulated injection site;~~

~~(b) engage the activator mechanism to begin simulating injection of the medication;~~

~~(c) maintain engagement of the activator mechanism for a prescribed period of time to continue simulating injection of the medication; and~~

~~(d) remove the demonstration automatic injection device from the simulated injection site after passage of the prescribed period of time.~~

~~98. The kit of claim 97, wherein the prescribed period of time is 10 seconds.~~

~~99. The kit of claim 97, wherein the prescribed period of time is at least 10 seconds.~~

~~100. The kit of any one of claims 94-96, wherein the instructions further convey that initial engagement of the activator mechanism is accompanied by an audible sound.~~

~~101. The kit of any one of claims 94-96, wherein the instructions further convey that completion of injection of the medication is accompanied by a visible indicator of completion.~~

~~102. The kit of any one of claims 94-96, wherein the instructions further convey that the injection site be sterilized prior to positioning the automatic injection device at the injection site.~~

~~103. The kit of any one of claims 94-96, wherein the instructions further convey that the automatic injection device be examined for proper dosage and formulation of the medication prior to positioning the automatic injection device at the injection site.~~

~~104. The kit of any one of claims 94-96, wherein the instructions further convey to the recipient, at least one message selected from the group consisting of:~~

~~(a) the automatic injection device is less painful for a patient to use than a pre-filled syringe;~~

~~(b) the automatic injection device is preferred for use by patients as compared to a pre-filled syringe;~~

~~(c) the automatic injection device is easier to use by a patient than a pre-filled syringe;~~

~~(d) the automatic injection device is more convenient for a patient to use than a pre-filled syringe;~~

~~(e) the automatic injection device reduces anxiety of patients with a fear of needles, as compared to a pre-filled syringe, since the needle is not visible in the device; and~~

~~(f) the automatic injection device is designed to be easy to use from initial use of the device.~~

~~105. The kit of any one of claims 94-96, wherein the recipient is a physician that prescribes the medication.~~

~~106. The kit of any one of claims 94-96, wherein the recipient is a patient that uses the medication.~~

~~107. The kit of any one of claims 94-96, wherein the demonstration automatic injection device comprises:~~

~~a housing having a window;~~

~~an activation button on a first end of the housing; and~~

~~an indicator movably disposed within the housing, wherein the indicator aligns with the window of the housing after a user activates the activation button.~~

~~108. A method of training a recipient on use of an automatic injection device, wherein the automatic injection device comprises a needle and a medication, the method comprising providing to the recipient:~~

~~(a) a demonstration automatic injection device which lacks the needle and the medication, wherein the demonstration automatic injection device comprises:~~

~~(1) a housing having a window:~~

~~(2) an activation button on a first end of the housing, wherein depression of the activation button produces an audible sound indicating initiation of activation; and~~

~~(3) an indicator movably disposed within the housing, wherein the indicator aligns with the window of the housing after a user activates the activation button; and~~

~~(b) instructions for using the automatic injection device.~~

~~109. The method of claim 108, wherein the recipient is a physician that prescribes the medication or a patient that uses the medication.~~

~~110. The method of claim 108, wherein the instructions for using the automatic injection device are provided in a printed document or in an audiovisual device.~~

~~111. The method of claim 110, wherein the audiovisual device is a Video Home System (VHS) cassette or a Digital Video Disc (DVD).~~

~~112. A method of training a recipient on use of an automatic injection device, wherein the automatic injection device comprises an activator mechanism and a medication, the method comprising conveying to the recipient instructions to:~~

~~(a) position the automatic injection device at an injection site;~~

~~(b) engage the activator mechanism to begin injection of the medication;~~

~~(c) maintain engagement of the activator mechanism to continue injection of the medication until a visible indicator of completion is detected; and~~

~~(d) remove the automatic injection device from the injection site once the visible indicator of completion is detected;~~

~~wherein the instructions further convey that initial engagement of the activator mechanism is accompanied by an audible sound.~~

~~113. The method of claim 112, wherein the automatic injection device comprises an indicator window and the visible indicator of completion comprises a color indicator appearing in the indicator window.~~

~~114. The method of claim 113, wherein the color indicator is a yellow color indicator.~~

~~115. The method of claim 112, wherein the instructions further convey that engagement of the activator mechanism is maintained for a prescribed period of time to continue injection of the medication.~~

~~116. The method of claim 112, wherein the instructions further convey that the injection site be sterilized prior to positioning the automatic injection device at the injection site.~~

~~117. The method of claim 112, wherein the instructions further convey that the automatic injection device be examined for proper dosage and formulation of the medication prior to positioning the automatic injection device at the injection site.~~

~~118. A method of training a recipient on use of an automatic injection device, wherein the automatic injection device comprises an activator mechanism and a medication, the method comprising conveying to the recipient instructions to:~~

~~(a) position the automatic injection device at an injection site;~~

~~(b) engage the activator mechanism to begin injection of the medication;~~

~~(c) maintain engagement of the activator mechanism for a prescribed period of time to continue injection of the medication; and~~

~~(d) remove the automatic injection device from the injection site after passage of the prescribed period of time;~~

~~wherein the instructions further convey that initial engagement of the activator mechanism is accompanied by an audible sound.~~

~~119. The method of claim 118, wherein the prescribed period of time is 10 seconds.~~

~~120. The method of claim 118, wherein the prescribed period of time is at least 10 seconds.~~

~~121. The method of any one of claims 118-120, wherein the instructions further convey that completion of injection of the medication is accompanied by a visible indicator of completion.~~

~~122. The method of any one of claims 118-120, wherein the instructions further convey that the injection site be sterilized prior to positioning the automatic injection device at the injection site.~~

~~123. The method of any one of claims 118-120, wherein the instructions further convey that the automatic injection device be examined for proper dosage and formulation of the medication prior to positioning the automatic injection device at the injection site.~~

~~124. The method of any one of claims 118-120, wherein the automatic injection device comprises a medication selected from the group consisting of antibodies, cytokines, vaccines, fusion proteins and growth factors.~~

~~125. The method of claim 124, wherein the automatic injection device comprises a medication that is a TNFα inhibitor.~~

~~126. The method of claim 125, wherein the TNFα inhibitor is selected from the group consisting of infliximab, CDP 571, CDP 870, anti-TNF dAb, golimumab, adalimumab, etanercept, p55TNFRIgG and r-TBP-1.~~

~~127. The method of claim 126, wherein the TNFα inhibitor is adalimumab.~~

~~128. The method of any one of claims 118-120, wherein the recipient is a physician that prescribes the medication.~~

~~129. The method of any one of claims 118-120, wherein the recipient is a patient that uses the medication.~~

~~130. The method of any one of claims 118-120, wherein the instructions are conveyed orally to the recipient.~~

~~131. The method of any one of claims 118-120, wherein the instructions are conveyed in writing to said recipient.~~

~~132. The method of any one of claims 118-120, wherein the instructions are conveyed to the recipient via an audiovisual device.~~

~~133. The method of any one of claims 118-120, wherein the automatic injection device provides for subcutaneous injection of the medication.~~

~~134. The method of any one of claims 118-120, wherein the automatic injection device comprises:~~

~~a housing having an open first end and a second end;~~

~~a syringe movably disposed in the housing, the syringe including a barrel portion for holding the substance, a hollow needle in fluid communication with the barrel portion for ejecting the substance from the syringe, and a bung for sealing the barrel portion and selectively applying pressure to the substance to force the substance through the hollow needle;~~

~~a syringe actuation component for moving the syringe towards the first end of the housing such that the needle projects from the first end and for applying pressure to the bung, the syringe actuation component including:~~

~~a pressurizer for selectively applying pressure to the bung;~~

~~a radially compressible expanded central portion; and~~

~~a flange between a second end of the syringe actuation component and the radially compressible expanded central portion; and~~

~~a first biasing mechanism for biasing the syringe actuation component towards the first open end of the housing, the first biasing mechanism disposed between the flange of the syringe actuation component and the second end of the housing.~~

~~135. An automatic injection device for providing a subcutaneous injection of a substance into a user, comprising:~~

~~a housing having an open first end, a second end and a window disposed in a side wall for viewing the interior of the housing;~~

~~a syringe movably disposed in the housing, the syringe including a barrel portion for holding the substance, a hollow needle in fluid communication with the barrel portion for ejecting the substance from the syringe, and a bung for sealing the barrel portion and selectively applying pressure to the substance to force the substance through the hollow needle; and~~

~~an actuator including a first biasing mechanism for selectively moving the syringe towards a first end of the housing so that the needle extends from the first end of the housing and for expelling the substance from the syringe after movement of the syringe towards the first end of the housing;~~

~~wherein the window is configured for viewing the substance held in the syringe before injection.~~