

# Post Injection Protocol Upper Limb (Pg 1 of 1)

## **48 - 72 hours**

Complete rest, *no shaking hands, teeth brushing, hair brushing, opening heavy doors etc.* Sling may be used for rest and as a reminder

## **Days 3-8**

Minimum activity, *no lifting, no resistance work, no carrying brief cases etc.*

## **Days 9 - 15**

Normal activities of daily living but no heavy lifting. Following exercises are permitted:-

Gentle Swimming/Water Exercises  
Cycle/Stepping Machine  
(without tightly gripping the handlebars)  
Walking/jogging on treadmill  
No resistance work is permitted

## **Days 16 - 21**

Light resistance work, faster running, light rowing machine