

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