

Post Injection Protocol Lower Limb (Pg 1 of 1)

48 - 72 hours

Complete rest, walking to toilet only, elevation of limb if appropriate

Days 3-8

Minimum activity, light walking, no running, no heavy lifting, no standing for long periods, no resistance work.

Days 9 - 15

Light walking, no running. Permitted exercises: cycle/cycle machines with low resistance, step machines with low resistance and short travel for pedals, crawl swimming. Resistance work is not permitted.

Days 16 - 21

Gentle treadmill work, straight line running, no sidesteps, no sprinting, light resistance work permitted.