

POST PROCEDURE INSTRUCTIONS



****YOU WILL RECEIVE A FOLLOW-UP CALL A FEW WEEKS AFTER YOUR PROCEDURE****

Post Procedure Instructions

Steroid Injections	Prolotherapy (3 treatments 6wks apart)
<p>Biceps Tendon Sheath, Dequervain's</p> <ul style="list-style-type: none"> No load bearing activities for 2 wks (heavy lifting, exercise involving the hands and arms) No Physio for 1 wk Try to minimize excessive activity <p>Carpal Tunnel, Trigger Finger</p> <ul style="list-style-type: none"> Try to minimize excessive and repetitive activities for 1 wk <p>Peroneal Tendon, Posterior Tib, Morton's Neuroma</p> <ul style="list-style-type: none"> No load bearing activities for 2 wks (running, jumping, minimize stairs) No Physio for 1 wk Try to minimize excessive activity <p>Plantar Fascia</p> <p>VERY IMPORTANT for 10 -14 days</p> <ul style="list-style-type: none"> NO running, jogging, high heels, keep stairs to a minimum NO Physio or stretching for 2-3 wks 	<p>Elbow</p> <ul style="list-style-type: none"> Try to rest the area Stay away from activities outside of normal daily activities Do not use Prescription or OTC anti-inflammatory medications <p>Achilles Tendon, Jumper's Knee</p> <ul style="list-style-type: none"> No load bearing activities for 2 wks (running, jogging, jumping, stairs) No Physio or stretching for 1 wk Try to minimize excessive activities <p>Barbatoge</p> <ul style="list-style-type: none"> You can expect to have an increase in pain for the next 3 days. After 3 days your pain should decrease. Return to normal activities as your pain level permits.

Your technologist can answer any additional questions you may have.