

1: POST-INJECTION (DAYS 0-3)

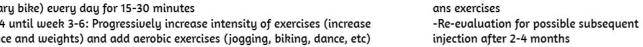
- -Protect the joint/tendon injected (rest)
- -Acetaminophen as needed
- -Apply heat locally for 10 minutes 2-3 times per day
- -No anti-inflammatory or Aspirin for 2 weeks
- -Avoid alcohol intake and smoking to promote healing response





2: RECOVERY/REHABILITATION (DAY 4 TO WEEK 6)

- -Days 4-7: Do not do any intense exercise; Stretching and gentle motion are recommended. *For Achilles heel tendon and plantar fascia: walking boot x 2 weeks
- -Days 7-14: Start doing light cardio exercises (walking, light weights, stationary bike) every day for 15-30 minutes
- -Days 14 until week 3-6: Progressively increase intensity of exercises (increase resistance and weights) and add aerobic exercises (jogging, biking, dance, etc)





3: RESULTS

- -Progressive installation of benefits (it can take up to 3 months for an injection in tendons)
- -After 6 weeks, return to normal activities

protocol