

Exercise Program

Day 1 & 2	Rest. It is important to rest for a couple of days to allow the needle track to repair itself so the steroid does not leak out of the joint. This is particularly important for the weight bearing joints of the lower limb.
Days 3 & 4	Participate in routine functional and play activities
Days 5 - 7	Begin prescribed exercise program.
Upper limb	Rest
Days 2 - 4	Participate in routine functional and play activities
Days 5 - 7	Begin prescribed exercise program.

The aims of exercising post joint injection are:

- To regain joint range of movement
- To strengthen muscles around affected joints
- To increase endurance

Specific exercises:

- Do exercises daily. Start with 5 repetitions of each prescribed exercise ● In one session begin with active exercises, then passive (to increase joint range of movement), then strengthening/ weight bearing exercises

General exercises:

- Encourage walking, swimming and/or cycling 3-5 times per week