

REGIME

Days 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



Dr Navid Adib

MBBS (Qld), FRACP (Paed Rheum), PhD (Manchester)

Rheumatologist for Young People
Musculoskeletal and Sports Medicine
www.queenslandrs.com.au

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

ARTHUR HOUSE
47 Arthur Terrace
Red Hill, Q 4059

ALL CORRESPONDENCE
PO Box 1098
Indooroopilly, Q 4068

CONTACT DETAILS
Phone: 07 3367 0085
Fax: 07 3367 0889

This Practice prefers correspondence via Medical Objects.