

POST RECOVERY PROTOCOL

AFTER BIOLOGICS INJECTIONS



** NOTE: These protocols are meant as suggestions after biologics injection therapy to musculoskeletal structures and are not meant to supplant the clinic judgement of the treating health care practitioner. Every patient is different any may require more or less recovery time depending on many factors such as age, overall health, degree of injury, et. al. The practitioner assumes all responsibility and potential liability in using these products as part of a treatment protocol*

Rule 1: Set Yourself Up for Success

Your newly injected biologics are tender and delicate. They need special care if they are to grow and help heal your injured or degenerated joint or connective tissue. When in doubt be kind to them! You are your body's best advocate. Congratulations on taking control of your health!

Rule 2: Let Pain Be Your Guide

Please use caution with activity. You will likely be sore from the procedure. Muscle spasms from the injection are not uncommon, and you should be prepared to have some pain or discomfort the first week. Use pain as your guideline and limit activity early in your recovery. Use heat for muscle spasms (deep ache, grabbing pain with transitions), and ice for inflammation (sharp, localized, burning, nerve pain). Heat is recommended over cold (cold is an anti-inflammatory as needed. Deep diaphragmatic breathing and stretching with heat can help with the muscular pain. Get up and walk frequently. "Motion is lotion!"

Rule 3: The Anti-Inflammatory Effect

The first week after injection, some people enjoy the anti-inflammatory benefit of stem cells, resulting in a dramatic decrease in pain. But many people have increased pain from the procedure. You must not overdo it! Use caution with activity, no matter how good you feel. The old pain may return in a few days. Do not take anti-inflammatory medication. You need your body's natural inflammatory process to start the healing process to create the matrix in your tissue/joint to gravitate the stem cells.

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If you have any questions, do not hesitate to call our offices.

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Post-Procedure Process

Weeks 1 & 2 After Injections

Restrict yourself to light activity and the tasks of daily living. You will be sore, but it is better to move than to be completely sedentary. Use pain as your guideline. In the early weeks of regenerative healing, your body's natural inflammatory process will use cytokines, leukocytes, proteins and inflammation to create a "scaffold" for the cells to bind to. The cells are just starting to form and divide, so you want to be very cautious and avoid overloading, shearing, or compression on the joint that was injected. Avoid too many frequent stairs, if possible (for hip and knee injections), and limit lifting to 5-10 pounds on occasion.

No running or weightlifting the first three weeks! Minimize load, compressive forces, and torque on the joints and discs. Range-of-motion and gentle stretching exercises are appropriate. Light and easy walking can be very helpful to minimize soreness for spine patients. Manage muscle soreness and spasms with heat (hot shower, heating pad) and inflammation from procedure with ice.

No non-steroidal anti-inflammatory medications, or NSAIDs (e.g., ibuprofen, Aleve, or other anti-inflammatory medication) for at least two weeks, but ideally FOUR weeks! You need your body's inflammatory process to help with healing. Walking in the pool is a nice way to get some motion; it can unload your joints and be soothing. You can get in the pool once your injection sites are healed. Use a kick board, buoy, or noodle for support in the water. Kinesiology tape or additional medication may be needed to help you manage your pain. Analgesic creams or gel (e.g., Biofreeze, Traumeel) can help with pain. Trigger point dry needling can help with the muscle spasms.

It is not uncommon to have increased soreness in your tissues and joints from the procedure. Mild to moderate pain is acceptable for a few days, but severe pain is not. If your pain becomes severe, or you cannot manage your pain with the above recommendations, contact us. We can refer you for physical therapy or massage therapy to provide gentle exercise and manual release.

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No chiropractic adjustments or traction in the first four weeks for spine patients and for at least three weeks to joints. You want to minimize intradiscal pressure changes in the early stages of recovery. Cold laser, ultrasound, and electrical stimulation (TENS) are appropriate for pain management. You may wear a compressive brace for support during activity if it feels good, but don't wear it when sedentary. Begin core stabilization exercises to minimize re-injury.

For Athletes

A good rule of thumb is this:

NO impact activity (e.g. running, jumping et.al.) for a minimum of three weeks as given above – four weeks would be ideal. As always, LET PAIN BE YOUR GUIDE – IF IT HURTS, HOLD OFF, YOU'RE STILL HEALING.

At week three: closed kinetic chain exercises (e.g., stationary or recumbent bike, LIGHT weights on leg press, etc.) are acceptable if not painful. Go slowly. Better to do a fewer reps per set and more sets than many reps in fewer sets. Stop when it starts to hurt – you're still healing.

At week four: You can advance to heavier weights and TRY impact activities (e.g., jogging), but limit your distance. A good rule of thumb is the 10% rule: increase your running or cycling distance/number of reps for an exercise by 10% a week.

At week five: in most cases, you can do your normal activities PROVIDED they do not elicit the kind of pain that made you seek help in the first place. This does not mean resume your normal activities at pre-injury levels right away: e.g., if you were working up to doing 15 bench presses at 150 lbs. of weight at week three, DO NOT rocket back up to doing your pre-injury routine of 40 bench presses at 175 lbs. in week four – that's a recipe for re-injury.

REMEMBER: USE COMMON SENSE, SPEAK TO YOUR TRAINER AND/OR PHYSICIAN AND LET PAIN BE YOUR GUIDE WHEN IT COMES TO YOUR REHAB AND RETURNING TO YOUR PRE-INJURY LEVEL OF FUNCTION. THIS IS A MARATHON, NOT A SPRINT!

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