

Postoperative Amnio Protocol

You may experience pain from the injection for up to a week.

You **MAY** take acetaminophen (Tylenol ®) Extra Strength.

Please avoid taking NSAIDs (non-steroidal anti-inflammatory medications) including:

- **Aspirin**
- **Ibuprofen** (Motrin ®, Advil ®, Nuprin ®, Rufen ®)
- **Naproxen** (Naprosyn ®, Naprelan ®, Aleve ®)
- Meloxicam (Mobic ®)
- Celecoxib (Celebrex)

*If you take any of these medications regularly please discuss this with Dr. Chin. For headaches, they can be taken as needed.

Do not submerge your foot in pools, open water or hot tubs. You should choose a shower over a bath until the injection site heals.

Watch for signs of infection such as rash, fever, chills, nausea, vomiting, appetite loss, chest pain and shortness of breath. Infections are extremely rare but if you do experience any of these symptoms please call the office at 312-977-1179.

Total 2 weeks of modified weight bearing

- The doctor may prescribe a CAM boot/surgical shoe or assistive devices (based on condition) x 2 weeks
- May cross train with stationary bike with heel on the pedal

***Swimming allowed at 4th week; no flip turns**

Physical therapy (6 – 8+ sessions) starts at 6th post injection week

- Progressive strengthening: double legged heel raises, progress to single-legged heel raises from 8-10 wks
- Can use AlterG™ treadmill starting at 50% bodyweight for bilateral to unilateral strengthening, progressing up to 85%
- **Note:** No stretching nor eccentric strengthening for 3-6 months (need concentric first!)

Return to daily activity around 8-10 weeks

Return to weight bearing sports activities 14-18 weeks