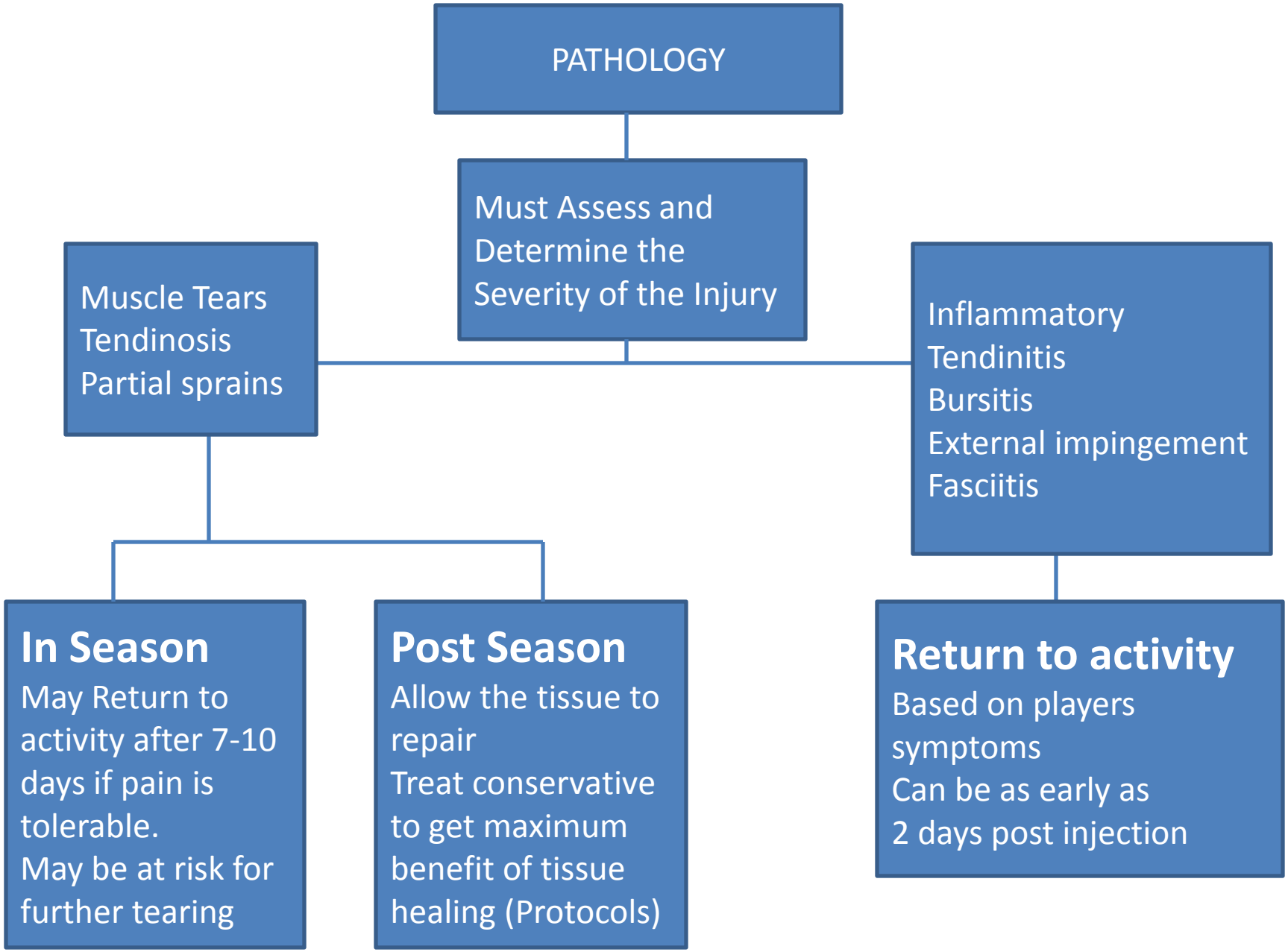
PATHOLOGY
Must Assess and Determine the Severity of the Injury
Muscle Tears
Tendinosis
Partial sprains
Inflammatory
Tendinitis
Bursitis
External impingement
Fasciitis
In Season
May Return to activity after 7-10 days if pain is tolerable.
May be at risk for further tearing
Post Season
Allow the tissue to repair
Treat conservative to get maximum benefit of tissue healing (Protocols)
Return to activity
Based on players symptoms
Can be as early as 2 days post injection