

BIOLAB SCIENCES

Joint Dosing and Dilution Ratios

Shoulder



1.0ML
NONE TO 1:2

Back/Spine



0.5ML
NONE TO 1:1

Elbow



1.0ML
NONE TO 1:1

Wrist & Fingers



0.25ML
NONE TO 1:1 / JOINT

Hip



2.0ML
NONE TO 1:2

Knee



STAGE 3: 1.0ML, NONE TO
STAGE 4: 2.0ML, NONE TO

Ankle



1.0ML
NONE TO 1:1

Subtalar & Midfoot



0.5ML
NONE TO 1:1

Toes & MPJs



0.25ML
NONE TO 1:1

Post-Treatment Care

If local anesthetic was used during injection, patient may be sore the day of your procedure, this is NORMAL. The discomfort can last up to 3-4 days. Heating pad can be used for discomfort

- TYLENOL for pain relief is ok to take as needed.
- The following are not allowed for 8 weeks after treatment :
 - » No Aspirin
 - » No Ibuprofen
 - » No Advil
 - » No Aleve
 - » No Naproxen
 - » No Icing