

POST-PRP REHABILITATION PROTOCOL

PHASE	LENGTH OF TIME	RESTRICTIONS	REHABILITATION
Phase I Tissue protection	Days 0-7	<ul style="list-style-type: none"> • Consider NWB, especially if in pain • No weight training • Avoid NSAIDS • Limited Ice 	<ul style="list-style-type: none"> • Relative rest • Gentle AROM • May wear sling • May take pain medication
Phase II Early Tissue healing; facilitation of collagen deposition	Days 8-14	<ul style="list-style-type: none"> • Progress to FWB without protective device • Avoid eccentric exercises • Avoid NSAIDS • Limited Ice 	<ul style="list-style-type: none"> • Aerobic exercise, avoiding loading of the treated area • Provide motion to area treated with gentle stretching • Begin treatment on kinetic chain through adjacent regions -- Ex. Core strengthening
	Weeks 2-6	<ul style="list-style-type: none"> • Avoid eccentric exercises • Avoid NSAIDS • Avoid Ice 	<ul style="list-style-type: none"> • Progress weight bearing activities • Low weight, high repetition isometrics (pain scale <3/10) with open kinetic chain exercises • Soft tissue work to area treated with CFM, IASTM, and “Dynamic” stretching
Phase III Collagen strengthening	Weeks 6- 12	<ul style="list-style-type: none"> • Avoid NSAIDS • Avoid Ice 	<ul style="list-style-type: none"> • Eccentric exercises as long as pain scale <3/10 --2 sets of 15 repetitions • Closed kinetic chain exercises • Plyometrics, proprioceptive training and other sport-specific exercises
	Months 3+	Reassess improvement . If not > 75 % improved consider repeat injection and return to Phase I.	<ul style="list-style-type: none"> • Progress back to functional sport specific activities with increasing load on area treated as pain allows. • ‘Max out’ on Eccentric Exercises • May return to sport if pain <3/10