

Post PRP Rehabilitation

PHASE	LENGTH OF TIME	RESTRICTIONS	REHABILITATION
Phase I Tissue protection	Days 0-3	<ul style="list-style-type: none"> • Consider NWB or protected WB for Lower extremity procedures, especially if in pain • No weight training • Avoid NSAIDS • Limited Ice 	<ul style="list-style-type: none"> • Relative rest • Activities as tolerated; avoiding excess loading or stress to treated area • Gentle AROM
Phase II Early Tissue healing; facilitation of collagen deposition	Days 4-14	<ul style="list-style-type: none"> • Progress to FWB without protective device • Avoid NSAIDS 	<ul style="list-style-type: none"> • Light activities to provide motion to tendon; aerobic exercise which avoids loading of the treated tendon • Gentle prolonged stretching • Begin treatment on kinetic chain/ adjacent regions <ul style="list-style-type: none"> -- Glutei strengthening -- 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) <ul style="list-style-type: none"> -- Open kinetic chain (OKC) activities • Soft tissue work to tendon with CFM, IASTM, • "Dynamic" stretching
Phase III Collagen strengthening	Weeks 6- 12		<ul style="list-style-type: none"> • Eccentric exercises (keep pain scale <3/10) <ul style="list-style-type: none"> --2 sets of 15 repetitions • Closed kinetic chain (CKC) activities • Plyometrics; proprioceptive training and other sport-specific exercises • Progress weight bearing activities and consider return to sport if pain <3/10
	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 tendon as pain allows.