



Post injection Platelet-Rich Plasma Rehabilitation

Day 0-3

Goals: Protection and Pain Control

No anti-inflammatory medications

No lifting

Immobilize the effected joint for **3** days:

Sling for shoulder

Wrist splint for elbow

No weight bearing with crutches for knees and hips

Soft cervical collar for necks

Day 4-7

Begin gentle pain-free range of motion exercises out of immobilizer

Minimal lifting

Weight bearing as tolerated

Week 2

Goals: Discontinue immobilization and increase tolerance to daily activities

Active range of motion for 5 minutes, 3 times per day

Weight bearing as tolerated

Exercise the other half of body not involved in procedure

No lifting greater then 20 lbs.

May exercise bike or swim

No impact

May start PT

Week 3-6

Goals: Attain full range of motion and improve strength and endurance

Light resistance exercise, concentric and eccentric

Stretching

May use elliptical

No lifting greater then 50lbs.

Week 6-8

Goals: Further strengthening, improve balance and proprioception

Sport specific intensity training

Morning after rule: post exercise pain should return to baseline by morning

Week 9-12

Goals: re-athletization

Return to sport

Week 13+

No restrictions

Clinical Course of Platelet Rich Plasma

