

| POST PRP REHABILITATION | | | |
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| PHASE | LENGTH OF TIME | RESTRICTIONS | REHABILITATION |
| Phase 1 Tissue protection | Days | Non Weight Bearing (WB) movements (hand/arm) Protected Weight Bearing (WB-knee/hip) No weight training Avoid NSAIDS (naproxen, diclofenac..) Limited ice | Relative rest Activities as tolerated; avoiding excess loading or stress to treated area Gentle Active Range Of Motions (AROM) |
| Phase 2 Early tissue healing | Days to weeks | Progress to Full Weight Bearing (FWB) without protective device Avoid NSAIDS | Light activities to provide motion to tendon/joint Aerobic exercise which avoids loading of the treated tendon/joint Gentle prolonged stretching Begin treatment on kinetic chain/adjacent regions <ul style="list-style-type: none"> - glutei strengthening - core strengthening |
| | Weeks | Avoid eccentric exercises Avoid NSAIDS Avoid ice | Progress Weight Bearing activities Low weight, high repetition isometrics (pain scale <3/10) Dynamic stretching |
| Phase 3 Strengthening/recovery | Weeks to months | | Eccentric exercise (but avoid painful exercises) Closed kinetic chain activities Plyometrics |
| | Months (3+) | Reassess improvement, if not > 75% improved consider repeat injection and return to phase 1 | Progress back to functional sport specific activities with increasing load on tendon/joint as pain allows |