



ADVANCED  
ORTHOPAEDIC  
SPECIALISTS

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## Post-PRP Injection/Cell Therapy Instructions

**\*No NSAIDs for at least 7 days, but ideally 14 days\***

**\*No ice for 14 days\***

**May perform daily activities as tolerated**

### Phase I: 0 - 3 days

- Control pain using ice pack
- Protect the injection site
- Immobilize the affected joint as needed for comfort or per doctors orders
  - Sling for rotator cuff/biceps tendon
  - Wrist splint for medial/lateral epicondylitis
  - Crutches for patellar/quadriceps tendon *with/without* knee immobilizer
  - Walking boot for peroneal/achilles tendon or plantar fascia
- During down time perform gentle, non-weight bearing movement of the affected area unless otherwise noted by MD

### Phase II: 3 - 7 days

- Discontinue use of immobilizer/sling/crutches
- No stressful activity involving the affected joint or injection site
  - No exercise
  - No lifting
  - No impactful activity
- Perform light daily activities as needed
- Continue gentle movement of the affected area 3x per day
- Begin *lower* body exercise if the upper extremity was injected
- Begin *upper* body exercise if the lower extremity was injected

*Additional Instructions:*



## Post-PRP Injection/Cell Therapy Protocol

	Goals	Precautions	Therapeutic Exercise
<b>Phase I</b> 14 days - 4 weeks	Full AROM  Gradual progression of strength/endurance under PT supervision  Increase balance/proprioception	Avoid high intensity activity (i.e. running, jumping, throwing, plyometrics)	Stretching affected area Joint mobilization Isometric/concentric strengthening with gradual eccentric strengthening to tolerance Low impact cardiovascular training  May start ice if needed May restart NSAIDs
<b>Phase II</b> 4 - 6 weeks	Good concentric/eccentric control in multi-planar movement  Dynamic proprioceptive control	Mitigate post-activity soreness	Upper body: Progress training provocative positions related to sport/work with appropriate coordination  Lower body: Progress closed chain activity to dynamic control with landing in multi planar and agility drills  Continue strengthening and begin sports specific movements to tolerance
<b>Phase III</b> 6 + weeks	Return to sport	None	Pain free sports-specific drills