

Rehabilitation Program Following Platelet Rich Plasma (PRP)

- Day 1:** Ice applied to injection area if needed
Gentle ROM performed 5-6 times per day
- Day 1-3:** Perform PROM exercises for 5 min (3-4x day)
Begin light stretch of involved muscle
Use involved area with light activities
Discontinue ice day 2-3
- Day 3-5:** Continue stretching program (30 sec stretch 3x – perform 3-4 x day)
Begin light concentric exercise program with light weight or elastic tubing
Continue ROM exercises & light functional activities
- Day 5-7:** Continue stretching program as outlined above
Begin eccentric progressive loading program (3 sets of 10) moderate resistance
Begin transverse massage of involved area
- Day 7-10** Gradually increase loads to involved area via eccentric muscle training
Eccentric program (4 sets of 10 – performed 2 x day) Perform exercise slowly
Stretches to involved tendon 3-4 x daily (30 sec x3)
- Day 10-14:** Continue progressive eccentric loading program
Continue stretching program
Continue transverse massage
- Day 14 >:** Return to activities gradually
Continue exercise program