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Rehabilitation Program following Platelet-Rich-Plasma (PRP) for Acute Injuries

Day 1:

- Heat applied to the injection area is needed. Gentle range of motion performed 5-6 times per day.

Days 1-3:

- Perform passive range of motion exercises for 5 minutes 3-4 times a day.
- Begin light stretch of the involved muscle.
- Use involved area with light activities, may require protection with weightbearing.
- Try to avoid ice use.

Days 3-5:

- Continue stretching program (30 seconds tracts 3 times performed 3-4 times a day).
- Begin light concentrate exercise program with light weight and work elastic bands.
- Continue range of motion exercises and light functional activities.

Days 5-7:

- Continue stretching program as outlined above.
- Begin eccentric progressive loading program (3 sets of 10) moderate assistance.
- Begin transverse massage of involved area.

Days 7-10:

- Gradually increase loads to involve area via eccentric muscle training.
- Eccentric program (4sets of 10 performed 2 times daily). Perform exercise slowly.
- Stretches to involved tendon 3-4 times daily (30 seconds x3).
- May start light non-weightbearing exercise such as bike were protected weightbearing treadmill.

Days 10-14:

- Continue progressive eccentric loading program.
- Continue stretching program.
- Continue transverse massage.
- May progress to full weightbearing exercise at a moderate intensity.

Day 14:

- Return to full athletic activities gradually.
- Continue exercise program