



**PRAIRIE**

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## Post-PRP/Fenestration

Phase	Time Post-Injection	Restrictions	Rehabilitation
<b>Phase I</b>  GOALS: Protect tissue, allow PRP to absorb	<b>Days 0-7</b>	<ul style="list-style-type: none"> <li>No exercise, with the exception of this rehab protocol</li> <li>If you had an upper extremity injection, no lifting more than a toothbrush</li> <li>Avoid alcohol and anti-inflammatories (Advil/ibuprofen, Aleve/naproxen, Celebrex, etc.)</li> <li>Avoid ice. Heat is OK</li> <li>If you must take something for pain, you may take Tylenol up to 2500mg per day</li> <li>Avoid soaking the injection site for the first 48 hours - no baths, pools, lakes, hot tubs, etc. Showering is OK</li> </ul>	<ul style="list-style-type: none"> <li>Pain will likely worsen for a few days following your procedure.</li> <li>Daily activities as tolerated, but avoid excess loading or stress to the area that was injected</li> <li>Avoid exercise unless we have discussed this previously</li> </ul> <p><b>PT Protocol</b></p> <ul style="list-style-type: none"> <li>Gentle AROM</li> <li>If shoulder was injected - PROM to point of tissue resistance</li> <li>Gentle submax isometrics</li> <li>Limited to no use of modalities</li> </ul>
<b>Phase II</b>  GOALS: Protect tissue, start early movement	<b>Days 8-14</b>	<ul style="list-style-type: none"> <li>Gradually progress active range of motion without feeling stretching</li> <li>No overstressing the tendon or joint through exercise or impact activity</li> <li>If you had an upper extremity injection, no lifting more than a coffee cup</li> <li>Avoid anti-inflammatories and ice</li> </ul>	<ul style="list-style-type: none"> <li>Continue Phase I recommendations</li> <li>Consult your physiotherapist regarding cross-training and return to exercise options (exercise to the upper body if you had a lower body injection, etc.)</li> </ul> <p><b>PT Protocol</b></p> <ul style="list-style-type: none"> <li>Continue Phase I exercises</li> <li>Gradually progress AROM to point of initial tissue resistance</li> <li>No concentric exercises to affected tissue, other than ADL's and ambulation</li> <li>Initiate appropriate cross-training exercises</li> </ul>
<b>Phase III</b>	<b>Days 15-21</b>	<ul style="list-style-type: none"> <li>Gradually progress active range of motion without feeling stretching</li> </ul>	<ul style="list-style-type: none"> <li>Pain with daily activities should be improving</li> </ul>

<p>GOALS: Protect tissue, continue gentle movement, minimize deconditioning</p>		<p>sensation</p> <ul style="list-style-type: none"> <li>● No overstraining of the tendon through exercise or impact activity</li> <li>● If you had an upper extremity injection, no lifting more than a dinner plate</li> <li>● Avoid eccentric exercises (where the weight is being lowered)</li> <li>● Avoid anti-inflammatories and ice</li> </ul>	<ul style="list-style-type: none"> <li>● Consult your physiotherapist regarding initiating low resistance exercises</li> </ul> <p><b>PT Protocol</b></p> <ul style="list-style-type: none"> <li>● Progress AROM to point of initial tissue resistance</li> <li>● Avoid repetitive use of injected limb if possible</li> <li>● Initiate low-resistance, high repetition, concentric, open chain exercise (pain not more than 2/10)</li> <li>● No eccentric exercises</li> <li>● Gentle soft tissue mobilization along the line of the fibers of injected tissue</li> <li>● Modalities as per above</li> </ul>
<p><b>Phase IV</b></p> <p>GOALS: Restore normal tissue integrity; improve range of motion</p>	<p><b>Weeks 3-6</b></p>	<ul style="list-style-type: none"> <li>● Progress as tolerated</li> <li>● Avoid anti-inflammatories and ice</li> </ul>	<ul style="list-style-type: none"> <li>● Consult your physiotherapist regarding initiating eccentric exercise, proprioceptive training, preparation for plyometrics, and sport-specific exercise</li> </ul> <p><b>PT Protocol</b></p> <ul style="list-style-type: none"> <li>● Full AROM</li> <li>● OK to initiate stretching</li> <li>● Progress eccentric loading exercises</li> <li>● Initiate cross-friction soft tissue mobilization to injected tissues</li> <li>● Progress exercises and functional mobility</li> <li>● Continue modalities as above</li> <li>● If patient is not improving or progressing, please contact our office</li> </ul>
<p><b>Phase V</b></p> <p>GOALS: Restore normal tissue integrity, prepare for return to prior level of function and sport</p>	<p><b>Weeks 6-12</b></p>	<ul style="list-style-type: none"> <li>● Over the next 4-6 weeks, gradually progress level of intensity for return to sport/exercise</li> </ul>	<ul style="list-style-type: none"> <li>● Prepare for return to sport at 6-12 weeks</li> <li>● Continue with eccentric exercises, proprioceptive training, plyometrics, and sport-specific exercise</li> </ul>

Wu PI, Diaz R, Borg-Stein J. Platelet-Rich Plasma. Phys Med Rehabil Clin N Am. 2016 Nov;27(4):825-853. doi: 10.1016/j.pmr.2016.06.002. PMID: 27788903.