

# Post PRP/ Stem Cell Protocol Physical Therapy

## I. Day of injection

- a. Timeline: 1st and 2nd day
- b. Goals:
  - i. Protected rest by using as sling or brace for 2 days.
  - ii. Decrease pain by using Tylenol or pain medication prescribed by your physician.
  - iii. DO NOT use anti-inflammatory medications (Advil, Aleve, Ibuprofen, etc.) - joint inflammation is encouraged as part of the therapy process and repair.
  - iv. Try NOT to use ice on the treated area. It is OK to use if absolutely necessary or over the bone marrow sites.
  - v. Modification of activities to protect the treated joint.

## II. Physical Therapy Begins

- a. Timeline: 3rd day to 1st and 2nd week
- b. Goals:
  - i. Begin Physical Therapy
  - ii. Discharge use of sling or brace, except for arthritis (unloader) braces. Continue wearing these 2-3 hours daily during most active time of the day.
  - iii. Protect and promote healing on treated joint.
  - iv. Gentle and pain free active range of motion on treated joint.
  - v. PT modalities applied on treated joint EXCEPT iontophoresis.
  - vi. Gradual return to functional activities at home.
  - vii. OK to ice at day 10 after your procedure.
  - viii. OK to resume anti-inflammatory medications, if needed, at 2 weeks post- procedure.

## III. PT Full ROM

- a. Timeline: 3rd and 4th week
- b. Goals:
  - i. Criteria to Progress to Phase III: PAIN FREE FULL ROM.
  - ii. PRECAUTION: Persistent painful and limited or no improvement of range of motion on the treated joint must be referred back to the attending physician immediately.
  - iii. Protect and promote articular tissue healing.
  - iv. Restoration of full range of motion on the treated joint.
  - v. Gradually increase functional activities at home. At 2 weeks it is OK to start swimming/biking.
  - vi. At the end of the 4th week, follow up visit with your physician.

## IV. PT Strengthening

- a. Timeline: 5th and 6th week
- b. Goals:
  - i. Re-evaluate for joint range and muscle strength.
  - ii. Control compression and shear forces.
  - iii. Initiate progressive strength and flexibility training as tolerated.
  - iv. Gradual return to full unrestricted functional activities.

## V. PT Functional Phase

- a. Timeline: 7th, 8th week and 12th week
- b. Goals:
  - i. Continue to progress with joint and muscle strengthening with weights or any resistive exercise regimen on the treated joint.
  - ii. Initiate Plyometric exercise regimen on the treated joint.
  - iii. Initiate Proprioception and Balance exercise regimen as needed on the treated joint.
  - iv. Start training for sport specific exercises on the treated joint as needed.
  - v. Return to full unrestricted functional and sport specific activities with clearance by your physician.
  - vi. At the end of the 12th week follow up with your physician.