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Post-PRP Treatment Protocol: Joint/ Cartilage

		PT Exercise	Weight Bearing/Assistive Device use
Week 0	Days 1-3	<ul style="list-style-type: none"> ● Rest, light motion ● No weight training ● No NSAIDS ● Limited or no Ice 	<ul style="list-style-type: none"> ● Protected weight bearing
	Days 4-7	<ul style="list-style-type: none"> ● Gentle range of motion ● If access to pool, can start pool exercises, light cycling 	<ul style="list-style-type: none"> ● Weight bearing as tolerated ● Off sling or crutches
Week 1	Days 8-14	<ul style="list-style-type: none"> ● START PT or home exercises ● Continue ROM exercises ● Basic strengthening of knee, core and hip muscle groups ● Low impact activities ● Low grade closed chain activities 	
Week 3-6	Days 22-42	<ul style="list-style-type: none"> ● Increase bike intensity as tolerated ● Progress as able ● Advance weight bearing strengthening and proprioception. ● Add open chain exercises ● Add weight/resistance as able 	
Week 7-8+	Days 43+	<ul style="list-style-type: none"> ● Sport specific/high intensity training as able 	<ul style="list-style-type: none"> ● Reassess improvement if not 75% consider repeat injection

*****Progression/Protocol may change based on MD/PT restrictions, per individual procedure*****

- Day 1 = day of PRP procedure
- No exercises should increase pain levels. Gentle with all ROM exercises
- Use of heat or Tylenol for pain control as needed
- Contact PT or MD with any questions/concerns