



**Mark Goodman, MD**

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## Post-PRP Treatment Protocol: Tendon

		<b>PT Exercises***</b>	<b>Weight Bearing/Assistive Device use***</b>
<b>Week 0</b> Tissue protection	Days 1-3	<ul style="list-style-type: none"> <li>Rest, light motion</li> <li>Avoid NSAIDs, no weight training, No Ice</li> </ul>	<ul style="list-style-type: none"> <li>Protected weight bearing or sling for comfort</li> </ul>
	Days 4-7	<ul style="list-style-type: none"> <li>Gentle range of motion</li> <li>If access to pool, can start pool exercises, light cycling</li> </ul>	<ul style="list-style-type: none"> <li>Remove sling or crutches</li> </ul>
<b>Week 1</b> Early tissue healing	Days 8-14	<ul style="list-style-type: none"> <li>START PT</li> <li>Continue ROM exercises</li> <li>Begin strengthening of core kinetic chain and adjacent muscle groups</li> </ul>	<ul style="list-style-type: none"> <li>Avoid eccentrics</li> </ul>
<b>Week 2-6</b> Collagen deposition	Days 15-42	<ul style="list-style-type: none"> <li>Progressive loading activities on the tendon</li> <li>Low weight, high rep isometrics then isotonic exercises if pain is less than 3/10</li> <li>Add open chain exercises</li> <li>Soft tissue work on tendon</li> </ul>	<ul style="list-style-type: none"> <li>Avoid eccentrics</li> </ul>
<b>Week 6-12</b>	Days 43+	<ul style="list-style-type: none"> <li>Start eccentric exercises (pain &lt;3/10)</li> <li>Add plyometrics, proprioceptive training and sport specific/high intensity training as able</li> </ul>	
<b>Week 12+</b>		<ul style="list-style-type: none"> <li>Progress back to functional sports activities with increasing tendon load as pain allows</li> </ul>	<ul style="list-style-type: none"> <li>Reassess improvement if not 75% consider repeat injection</li> </ul>

**\*\*\*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, Tylenol for pain control
- Contact PT or MD with any questions/concerns
- See additional hand out on tendon healing supplements



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