

Rehabilitation Protocol for Autologous Blood Injections (ABI) and Platelet Rich Plasma (PRP) Injections

Bone and Joint

- Days 0-2
 - Weight bearing as tolerated for lower extremity procedures, sling for upper extremity procedures
 - Active range of motion multiple times per day
 - Ice, compression, elevation
- Days 3-14
 - Wean out of sling as tolerated for upper extremity procedures
 - Continue ice, compression, elevation, active range of motion
- Weeks 2-6
 - Start Physical Therapy
 - Continue active range of motion exercises with pain free range three times per day, five minutes
 - Upper extremity: arm bike (light), AAROM/AROM, isometrics, light stretching, lower body and core strengthening exercises
 - Lower extremity: bike (low resistance), pool walking, AAROM/AROM, isometrics, light stretching, upper body strengthening exercises
 - Goal: achieve full pain-free range of motion, decreased pain with activities of daily living
- Weeks 6-8
 - Physician return visit
 - Increase resistance on bike, add elliptical machine
 - Continue stretching, strengthening, balance, proprioception
 - Upper extremity: arm bike (mod to high), eccentric strengthening, stretching of tight muscles in affected areas
 - Lower extremity: bike (mod to high) and elliptical, pool walking/running, eccentric strengthening, stretching of tight affected muscles
- Weeks 8-12
 - Return to Run: walking program progressing to jogging and may stand while bicycling with heavy resistance
 - Pre-Plyometric exercises, plyometric exercises, and sport-specific training
- Weeks 12
 - Unrestricted activity

Adapted from:

Bashir, J., A. J. Panero, and A. L. Sherman. 2015. "The Emerging Use of Platelet-Rich Plasma in Musculoskeletal Medicine." *J Am Osteopath Assoc* 115 (1):24-31.

Finnoff, JT, Fowler, SP, Lai, JK, et al. *Treatment of Chronic Tendinopathy with Ultrasound-Guided Needle Tenotomy and Platelet Rich Plasma Injection. Journal of Physical Medicine and Rehabilitation*: 2011: 1-12.

Pourcho, A. M., J. Smith, S. J. Wisniewski, and J. L. Sellon. 2014. "Intraarticular Platelet-Rich Plasma Injection in the Treatment of Knee Osteoarthritis: Review and Recommendations." *Am J Phys Med Rehabil* 93 (11 Suppl 3):S108-21.