

Center for Athletic Medicine

Dr. Preston Wolin

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PRP - ELBOW

Healing Process:

Post-Injection 1-10: Gap is filled with wbc's and PRP is activating to prepare for cross bridging.

Protection Phase Week 1-Week 3: Allow the initiation of cross-bridging and filling the gap with the prp

Light Activity Phase: Week 2-5: Collagen synthesis and aligns in the longitudinal axis, initiating tensile strength

Return to Activity: Week 3 - 3 months: Collagen increasing tensile strength and elasticity

Patient Response:

Day 1 and 2: painful in the joint

Day 3-6: Diminishing pain and improving significantly

Day 7: Sometimes no pain at all, improved quality of ROM

***Therefore, pain is not an indicator of the healing process!!!**

***Inflammatory conditions: impingement, bursitis, tendonitis may return when symptoms resolve**

Goals:

- Allow the PRP to absorb at the location (7-10 days)
- Muscle belly 3-4 weeks (interval return to sport program begins)
- Tendonosis 6-8 weeks (interval return to sport program begins)
- Ligaments 8-12 weeks: UCL avoid valgus stress x 4 weeks!! (interval return to sport program begins)

RANGE OF MOTION

- Week 1: Begin PROM only for PT only in the first week
- Week 2 and 4: AAROM should get 90% of ROM without stretching by end of week 2
- Week 4: Begin gentle stretching
- Week 5-6: Can initiate stretching of elbow

STRENGTH: All pathologies must go through week 1 and 2. Weeks 3 and so on.... can be modified depending on the above pathologies

- Week 1-2: no strengthening, no activity, no modalities, Gentle PROM only!
- Week 2: begin PROM and AAROM exercises within pain free range (no stretching).
Shoulder maintenance program : Jobe or Thrower's Ten exercises 1-2 lbs weight. (Elbow in extension with shoulder exercises), PNF to shoulder only @ proximal hand placement only (humerus)
- Week 3: Initiate elbow, wrist and hand resisted exercises. Begin light tubing with chest press and rows
- Week 4: Progress Jobe exercises and add 3-4 lbs, , light resistance tubing
- Week 5: Light Resistance PNF using distal hand placements and initiating elbow and wrist motions
- Week 6-8: progress to fast twitch and dynamic exercises (non throwing med ball and tubing)
- Week 9-10: may begin controlled overhead return to sport activities (simulated towel drill, shadow drills)
Progress to two hand throwing med ball drills.
- Week 8-9: Progress to 50-75% of activity effort. (Short toss- long toss). Begin Interval Return to Sport program. Light contact and may begin closed chain exercises
- Weeks 10-12: Progress from 75%-90% in controlled setting. Return to contact
- Weeks 12-15: Gradual return to sport