

PRP shoulder partial tears and tendinopathy

Healing Process:

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

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

Regeneration Stage: Week 2-5: Active repair, collagen synthesis, initiating tensile strength

Remodeling Stage: Week 4 - 6 months: Collagen aligns in the longitudinal axis, increasing tensile strength

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!!!**

Goals:

- Allow the PRP to absorb at the location (7-10 days)
- Initiate safe and gradual passive range of motion
- Diminish pain and inflammation
- Decrease muscle tightness and spasms

Sling: You may or may not be asked to wear a sling for 7 days

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 shoulder

STRENGTH:

- **Week 1-2:** no strengthening, no activity, no modalities, Gentle PROM only!
- **Week 2:** begin sub max isometrics and progress to gravity eliminated strength, PROM and AAROM exercises within pain free range (no stretching)
- **Week 3:** Begin Jobe or Thrower's Ten exercises 1-2 lbs weight
- **Week 4:** Progress Jobe exercises and add 3-4 lbs, Light Resistance PNF, light resistance tubing
- **Week 5:** progress to fast twitch and dynamic exercises (non throwing med ball and tubing)
- **Week 7:** 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