



Ultrasound-Guided Lipogems/PRP Protocol: Glute Tendon

Although post-procedure care will be tailored to fit your individual needs, following guidelines are designed to help you and your physical therapist after the procedure.

Time	Goals	Precautions/Restrictions	Treatment
Week 1	<ul style="list-style-type: none"> Protect affected site May return to work the following day as tolerated 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks No weightbearing for 4 days, day 4 progress to TTWB, wean off crutches at end of 1 week 	<ul style="list-style-type: none"> Rest Begin gentle ROM to increase hip flexion on day 4, 4 times a day BFR (optional on day 4)
Week 2	<ul style="list-style-type: none"> Reduce pain and swelling Pain free-range of motion 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks Progress WBAT using crutches 	<ul style="list-style-type: none"> Continue AROM and PROM Begin isometrics Begin SLR's and clam shells Incorporate core stability exercises May use pool once wound has healed Discontinue exercise if pain becomes >4/10
Weeks 3-6	<ul style="list-style-type: none"> Building Strength 	<ul style="list-style-type: none"> No use of NSAIDs or ice for 4 weeks Use crutches as needed 	<ul style="list-style-type: none"> Continue active ROM as needed Progress hip ABD strengthening May begin stationary bike Discontinue exercise if pain becomes >4/10
Weeks 6-12	<ul style="list-style-type: none"> Increase strength and function Incorporating sports, balance, and high impact activities 	<ul style="list-style-type: none"> Activities as tolerated 	<ul style="list-style-type: none"> Continue strengthening exercises Begin sport specific exercises May begin soft tissue work with and without tools (no foam rolling until week 6) Discontinue exercise if pain becomes >4/10