



US Guided PRP/Adipose/BMAC Joint Injection

Post PRP Day	Precautions	Therapy Goals	Home Program
Day 1-2	<ul style="list-style-type: none"> • WBAT, use crutches as needed • No NSAIDs and ice for 4 weeks • No submerging under water for 72 hours, keep bandage dry Adipose 	<ul style="list-style-type: none"> • Gentle ROM • Wound monitoring • No ice or heat modalities 	<ul style="list-style-type: none"> • Gentle ROM as tolerated
Day 3-7	<ul style="list-style-type: none"> • Avoid excessing loading of the joint • No NSAIDs and ice 	<ul style="list-style-type: none"> • Continue ROM • Begin low grade closed chain program 	<ul style="list-style-type: none"> • Start/continue ROM • Can start light squats/lunges/activities as tolerated (body weight only) • Blood Flow Restriction (Optional)
Day 8-14	<ul style="list-style-type: none"> • Avoid impact activities • Avoid heavy weight lifting to affected joints • No NSAIDs and ice 	<ul style="list-style-type: none"> • May begin light open kinetic chain exercises • Continue ROM • Modalities PRN 	<ul style="list-style-type: none"> • Continue squats/lunges (can add resistance PRN) • Can begin leg curl/extension exercises with light weight • May begin swimming and biking (low resistance)
Day 14-28	<ul style="list-style-type: none"> • Avoid impact activities • No NSAIDs and ice 	<ul style="list-style-type: none"> • Progress functional exercise program • Light agility training • Proprioception exercises 	<ul style="list-style-type: none"> • Can increase biking/swimming activities • May resume light aerobic activities such as walking • Weight lifting/strength training PRN.

Beyond 28 days: A long term home exercise program should be established to focus on injury prevention and long term functional goals. Especially to work on correcting biomechanical issues that contribute to the original joint/pain injury.

Please complete Clinical Research Application of pain and function outcome measures at 4 weeks, 8 weeks, 3 months, 6 months, 1 year, and 2 years