



Ultrasound-Guided Lipogems/PRP Protocol: Shoulder Joint/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 • Reduce pain and swelling • Safe use of sling for 7 days – after 3 days begin to wean out of sling as tolerated • 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 driving in sling • No sleeping on procedure side • Sleep in sling for 1 week post-procedure • No lifting > 5 lbs • Avoid overhead activity for 2 weeks 	<ul style="list-style-type: none"> • Rest • Begin gentle active ROM (pendulum exercises) four times a day
Week 2	<ul style="list-style-type: none"> • Reduce pain and swelling • Begin active range of motion 	<ul style="list-style-type: none"> • No use of NSAIDs or ice for 4 weeks • No sleeping on procedure side • No lifting > 10 lbs • Avoid overhead activity for 2 weeks 	<ul style="list-style-type: none"> • Continue AROM and PROM • Begin isometrics • Begin thoracic mobility exercises • Discontinue exercise if pain becomes >4/10
Weeks 3-6	<ul style="list-style-type: none"> • No pain or swelling • Full, active ROM • Focus on shoulder strengthening 	<ul style="list-style-type: none"> • No use of NSAIDs or ice for 4 weeks • May lift up to 10 - 20 lbs • Avoid eccentric exercises 	<ul style="list-style-type: none"> • Continue active ROM as needed • Progressive strengthening • Discontinue exercise if pain becomes >4/10
Weeks 6-12	<ul style="list-style-type: none"> • Focus on return to sport activities • No pain or swelling • Full, active ROM • Increase strength and function • Maintain healthy diet 	<ul style="list-style-type: none"> • Activities as tolerated 	<ul style="list-style-type: none"> • Begin eccentric training/loading • Continue strengthening exercises • Begin sport specific exercises • Discontinue exercise if pain becomes >4/10

Complete Research questions on app at 4 weeks, 8 weeks, 3 months, 6 months, 1 year, and 2 years.