

POST PRP

General Principles

- The physician will follow the below guidelines and advice if PRP will be of benefit to your healing and reduction of symptoms
- Once the 1st PRP infiltration is completed (2-3 min), the area will be covered with a small plaster
- Pain in the first 24-48 hours will cause discomfort and a feeling like “bruising” and heat in the treated area.
- You are not supposed to feel any other symptoms like numbness, heat, redness or skin reaction. Should you, you must contact the doctor
- You must follow the regime below, and will start feeling better 48 hours after the 1st treatment.
- As with any other treatment, there is always a small group of patients that do not respond according what we expect. Should your pain not improve within the first 5 days, please contact the doctor

RICE - Rest, Ice, Compression, and Elevation

Rest

Rest and protect the injured or sore area. Stop, change, or take a break from any activity that may be causing your pain or soreness.

Ice

Cold will reduce pain and swelling. Apply an ice or cold pack right away to prevent or minimize swelling. Apply the ice or cold pack for 10 to 20 minutes, 3 or more times a day. After 48 to 72 hours, if swelling is gone, apply heat to the area that hurts. Do not apply ice or heat directly to the skin. Place a towel over the cold or heat pack before applying it to the skin.

Compression

Compression, or wrapping the injured or sore area with an elastic bandage (such as an Ace wrap), will help decrease swelling. Don't wrap it too tightly, because this can cause more swelling below the affected area. Loosen the bandage if it gets too tight. Signs that the bandage is too tight include numbness, tingling, increased pain, coolness, or swelling in the area below the bandage. Talk to your doctor if you think you need to use a wrap for longer than 48 to 72 hours; a more serious problem may be present.

Elevation

Elevate the injured or sore area on pillows while applying ice and anytime you are sitting or lying down. Try to keep the area at or above the level of your heart to help minimize swelling.

The following rehabilitation protocol is applicable to acute injuries, chronic injuries and trigger point areas (myofascial syndrome). This guideline may vary according to the degree of pathology, patient response and advice from the physician or therapist.

Same day after procedure

(1st PRP)

RICE regime - Rest, Ice, Compression and elevation is important - Ice on treated area 20 minute of each hour every 2 hours for first 12 hours - No active movement or exercises. Normally painful at end of day.

Day 2 (48 hours post procedure)

Start with passive stretching, light massage and range of movement exercises. Bruised feeling will be subsided to a lower grade. Ice at end of the day.

Day 3-4

Passive stretches, light exercises, start using the joint/muscle at 20-30% of normal use. You may start normal exercise within pain limits. Bruised feeling at injected area will be between 1-3/10.

See physio/ chiropractor or sports therapist on Day 3 or Day 4.

Day 5 -6

Active stretches or moderate exercise at 50% of normal use or within pain free range. During exercise, the treated area will have 0-1/10 pain but will still feel weak due to the lack of training in that area.

Day 7 2nd PRP + RICE Regime/ Follow up with physician

Day 8 RICE regime, no local or deep tissue treatment, Slowly increase activity according to advice from Physician

Day 9-10

Start exercises where ended on Day 6, bruise feeling will decrease to 0-1/10, Weakness will Improve. Focus on strengthening the structure that was treated. Increase training volume.

Day 11-13

Slowly increase activity according to advice from Physician.

See physio/ chiropractor and sports therapist on Day 3 or Day 4.

It is important to monitor the response of your injury the day after the last training - Do not train the treated area into pain or to stiffness.

See physio/ chiropractor or sports therapist on Day 11 or Day 13.

Day 14 3rd PRP if needed and repeat RICE regime 2nd PRP for chronic injury 2nd PRP only if needed

Day 15 and after

RICE regime if PRP was done

RICE regime RICE regime if PRP was done

See physio/ chiropractor and sports therapist on Day 18 onwards for final stage rehabilitation and full return to training.

Notes Activities that were the main cause of the original problem will have to be reduced or avoided.

Day 28

**3rd PRP maybe required
according to Physician
advice**