

## PRP Lower Extremity Rehab Protocol

### Dr. Maria Ryan

DAYS/WEEKS	ACTIVITY
<b>Days 0 - 2</b>	<ul style="list-style-type: none"> <li>• Non–weight-bearing for lower extremity procedures</li> <li>• Active range of motion multiple times per day</li> <li>• Ice and Tylenol as needed for pain</li> </ul>
<b>Days 3 - 14</b>	<ul style="list-style-type: none"> <li>• Weight-bearing activity as tolerated in walking boot (ankle/foot procedures), knee immobilizer (knee procedures), or 50% weight-bearing with crutches (hip procedures)</li> <li>• Ok to wean off crutches when tolerated for knees / hips</li> <li>• Continue active range of motion</li> <li>• Ice and Tylenol as needed for pain</li> </ul>
<b>Week 2 - 4</b>	<ul style="list-style-type: none"> <li>• Multiplanar isometric exercise</li> <li>• Passive stretching</li> <li>• Wean out of boot, knee immobilizer, or off crutches (for large joints, may be off crutches sooner)</li> <li>• Stationary bike with light resistance</li> </ul>
<b>Weeks 4 - 6</b>	<ul style="list-style-type: none"> <li>• Isotonic exercises</li> <li>• Elliptical machine or stationary bike with moderate resistance</li> </ul>
<b>Weeks 6 - 10</b>	<ul style="list-style-type: none"> <li>• Tendons: Eccentric exercise based upon the guidelines set forth by Alfredson and Lorentzon <sup>[3]</sup></li> <li>• Walking program progressing to jogging and may stand and use heavy resistance while bicycling</li> </ul>
<b>Weeks 10 – 12</b>	<ul style="list-style-type: none"> <li>• Plyometrics and sports-specific training</li> </ul>
<b>Weeks 12+</b>	<ul style="list-style-type: none"> <li>• Unrestricted activity</li> </ul>

If pain is present, use Tylenol, ice, gentle ROM, and elevation. No NSAIDs x4 weeks following procedure. Use narcotic pain medication if the above methods are not reducing pain to a tolerable level. Narcotics are addictive, sedating and cause constipation so use with caution.