

## PRP Upper Extremity Rehab Protocol

### Dr. Maria Ryan

DAYS/WEEKS	ACTIVITY
<b>Days 0 - 2</b>	<ul style="list-style-type: none"> <li>• Sling for upper 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>• Wean out of sling as tolerated for upper extremity procedures</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 exercises</li> <li>• Passive stretching</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>• Eccentric exercise based upon the guidelines set forth by Alfredson and Lorentzon</li> <li>• 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.