



### 1: POST-INJECTION (DAYS 0-3)

- Protect the joint/tendon injected (rest)
- Acetaminophen as needed
- Apply heat locally for 10 minutes 2-3 times per day
- No anti-inflammatory or Aspirin for 2 weeks
- Avoid alcohol intake and smoking to promote healing response



### 2: RECOVERY/REHABILITATION (DAY 4 TO WEEK 6)

- Days 4-7: Do not do any intense exercise; Stretching and gentle motion are recommended. \*For Achilles heel tendon and plantar fascia: walking boot x 2 weeks
- Days 7-14: Start doing light cardio exercises (walking, light weights, stationary bike) every day for 15-30 minutes
- Days 14 until week 3-6: Progressively increase intensity of exercises (increase resistance and weights) and add aerobic exercises (jogging, biking, dance, etc)



### 3: RESULTS

- Progressive installation of benefits (it can take up to 3 months for an injection in tendons)
- After 6 weeks, return to normal activities and exercises
- Re-evaluation for possible subsequent injection after 2-4 months

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# Post PRP protocol

(Platelet Rich Plasma)