Healing Process:

**PRP – Shoulder**

**Post-Injection 1-10:** Gap is filled with WBC’s and PRP is activating to prepare for cross bridging.

**Protection Phase Week 1-Week 3:** Allow the initiation of cross-bridging and filling the gap with the PRP.

**Light Activity Phase: Week 2-5:** Collagen synthesis and aligns in the longitudinal axis, initiating tensile strength.

**Return to Activity: Week 3 - 3 months:** Collagen increasing tensile strength and elasticity.

**Patient Response:**
- **Day 1 and 2:** painful in the joint
- **Day 3-6:** Diminishing pain and improving significantly
- **Day 7:** Sometimes no pain at all, improved quality of ROM

*Therefore, pain is not an indicator of the healing process!!!*

*Inflammatory conditions: External impingement, bursitis, tendonitis may return when symptoms resolve*

**Goals:** Pathology in the muscle, tendon and ligaments
- Allow the PRP to absorb at the location (7-10 days)
- Muscle belly 3-4 weeks (interval return to sport program begins)
- Tendonosis: 6-8 weeks (interval return to sport program begins)
- Ligaments: 4-6 weeks: A-C Joint
- Sling: You may or may not be asked to wear a sling for 7 days

**RANGE OF MOTION**
- **Week 1:** Begin PROM only for PT only in the first week
- **Week 2 and 4:** AAROM should get 90% of ROM without stretching by end of week 2
- **Week 4:** Begin gentle stretching
- **Week 5-6:** Can initiate stretching of shoulder

**STRENGTH:**
- **Week 1-2:** no strengthening, no activity, no modalities, Gentle PROM only!
- **Week 2:** begin sub max isometrics and progress to gravity eliminated strength, PROM and AAROM exercises within pain free range (no stretching)
- **Week 2-3:** Begin Jobe or Thrower’s Ten exercises 1-2 lbs weight
- **Week 3-4:** Progress Jobe exercises and add 3-4 lbs, Light Resistance PNF, light resistance tubing
- **Week 4-5:** progress to fast twitch and dynamic exercises (non throwing med ball and tubing)
- **Week 5-7:** may begin controlled overhead return to sport activities (simulated towel drill, shadow drills) Progress to two hand throwing med ball drills.
- **Week 6-8:** Progress to 50-75% of activity effort. (Short toss- long toss). Begin Interval Return to Sport program. Light contact and may begin closed chain exercises
- **Weeks 7-10:** Progress from 75%-90% in controlled setting. Return to contact
  **Weeks 7-10:** Gradual return to sport

****Overlap of timelines in based on the patient’s condition and severity of injury****