



(916) 362-7962 Kyle Yamashiro, PT, CSCS (916)362-7963 fax
PT Consultant for Sacramento Rivercats, Oakland A's, and Sacramento State Athletics

PRP – Shoulder

Healing Process:

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******