

**PRP Joint Injection Rehabilitation Protocol**

**PHASE 1 (0 to 7 days after PRP Procedure)**

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|---------------------|--|
| <b>Goals</b>        | <ul style="list-style-type: none"> <li>• Protect the treated area</li> <li>• Minimize pain</li> <li>• Minimize joint stiffness</li> </ul>  |
| <b>Precautions</b>  | <ul style="list-style-type: none"> <li>• Activities of daily living (i.e. Out to potty and back in)</li> <li>• No play. No off-leash. Controlled use of stairs.</li> <li>• Keep bandaging / procedure area clean &amp; dry</li> <li>• No NSAIDS. Other pain medications might be prescribed</li> <li>• Icing (15 mins / session) for pain management, up to 3x/day.</li> </ul> |
| <b>Therapeutics</b> | <ul style="list-style-type: none"> <li>• Laser Therapy / Photobiomodulation can be administered</li> <li>• TENS for pain management can be utilized</li> <li>• Gentle massage (for comfort) can be utilized</li> <li>• Passive range of motion</li> </ul>  |
| <b>Exercise</b>     | <ul style="list-style-type: none"> <li>• Easy weight shifting exercises (see below)                             <ul style="list-style-type: none"> <li>• Cookie exercises (not moving)</li> <li>• Lift a diagonal leg</li> </ul> </li> </ul>   |

**( ) Cookies at the hip**

In *standing*, lure your dog to take a treat beside its hip. Go to both directions.

Reps 5 Frequency 2x/day Hold 2-3 sec



**( ) Standing *diagonal leg lift* & balance (front or rear)**

Start with your dog standing squarely on all four legs. Slowly lift a diagonal leg off the ground

Hold, replace, & repeat. Reps 5 Frequency 2x/day Hold 5-10 sec



**PHASE 2 (7 to 14 days after PRP Procedure)**

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|---------------------|--|
| <b>Goals</b>        | <ul style="list-style-type: none"> <li>• Expand activities of daily living</li> <li>• Start to engage in strengthening</li> </ul>  |
| <b>Precautions</b>  | <ul style="list-style-type: none"> <li>• No NSAIDS. Other pain medications might be prescribed</li> <li>• Heat or Ice (15 mins / session) for pain management, up to 3x/day</li> </ul>   |
| <b>Therapeutics</b> | <ul style="list-style-type: none"> <li>• Light soft tissue mobilization and joint mobilizations</li> <li>• Laser Therapy / Photobiomodulation can be administered</li> <li>• Shockwave can be administered</li> <li>• Electrical Muscle Stimulation can be utilized</li> </ul>                                   |
| <b>Exercise</b>     | <ul style="list-style-type: none"> <li>• 5 – 10 min leash walks, two to three times daily</li> <li>• Expand weight bearing exercises (see below)                             <ul style="list-style-type: none"> <li>• Lift opposite leg</li> <li>• Sit to stands</li> <li>• Mini push ups</li> </ul> </li> </ul> |

**( ) Leash walks**

Keep your dog on leash to go for a short walk.



**( ) Standing *opposite* leg lift & balance (front or rear)**

Reps 2 Frequency 2x/day Hold 10 sec



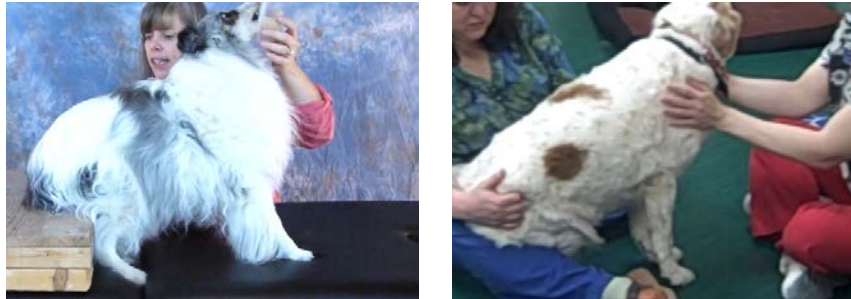
**( ) Mini push-ups:**

Place your dog's front feet up on a small raised surface. Encourage him/her to bend down to take a treat at the floor. Reps 5-10 Frequency 2x/day



**( ) Mini sit to stands / Assisted sit to stands**

Encourage your dog to sit onto a small platform (approximately knee or ankle height), or onto your lap. Lure them forwards to stand. Repeat. Reps 5-10 Frequency 2x/day



**PHASE 3 (2 to 4 weeks after PRP Procedure)**

|                     |  |
|---------------------|--|
| <b>Goals</b>        | <ul style="list-style-type: none"> <li>• Achieve full pain-free range of motion</li> <li>• Minimal pain with activities of daily living</li> </ul>   |
| <b>Precautions</b>  | <ul style="list-style-type: none"> <li>• DO NOT overstress the joint with high impact activity, bursts of speed, or sudden changes in direction</li> </ul>   |
| <b>Therapeutics</b> | <ul style="list-style-type: none"> <li>• Joint and soft tissue mobilizations as needed to restore normal range of motion and joint mechanics</li> <li>• Laser Therapy / Photobiomodulation can be administered as needed</li> <li>• Shockwave can be administered as desired</li> </ul>  |
| <b>Exercise</b>     | <ul style="list-style-type: none"> <li>• 10 - 20 min leash walks, two to three times daily. Go up and down curbs, and later in stage begin to purposely walk up and down hills</li> <li>• Stretching exercises for relevant limb – once a day, 20 -30 sec holds                         <ul style="list-style-type: none"> <li>• Full flexion &amp; Full extension</li> </ul> </li> <li>• Strengthening isometric and concentric exercise progressing to eccentric exercise as tolerated                         <ul style="list-style-type: none"> <li>• Tug of war (gentle)</li> <li>• Weaves</li> <li>• Obstacles</li> <li>• Diagonal leg stands</li> </ul> </li> </ul> |

**( ) Curb walking and hill walking**

Walk your dog up and down a hill or ramp. (Start with low grade hills). As well, when walking your dog, encourage him/her to walk up and down the curb along the sidewalk.

Reps 5-10 Frequency 1-2x/day



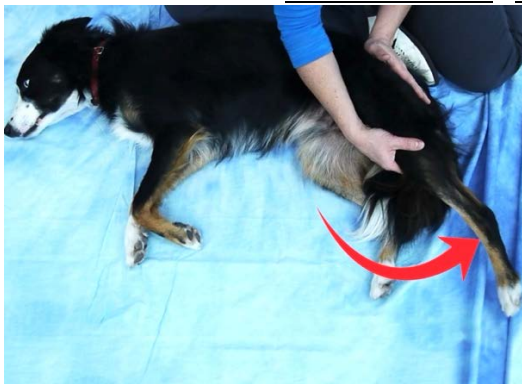
**( ) Full forelimb extension & flexion**

Hold each stretch for 15 – 30 seconds. 2x/day.



**( ) Full hindlimb extension & flexion**

Hold each stretch for 15 – 30 seconds. 2x/day.



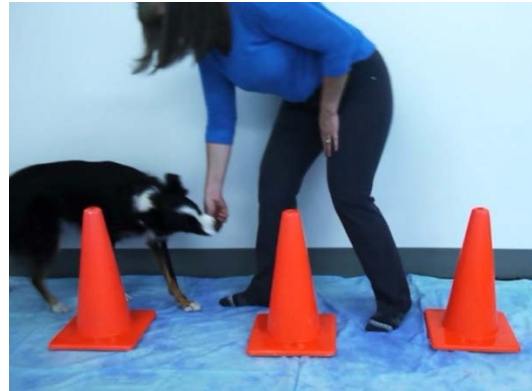
**( ) Gentle tug of war**

Encourage your dog to play tug of war. Move the tug-toy only forwards and backwards at a slow speed. Do not allow aggressive, fast movements.  
Time: 1-2 min Frequency 2x/day



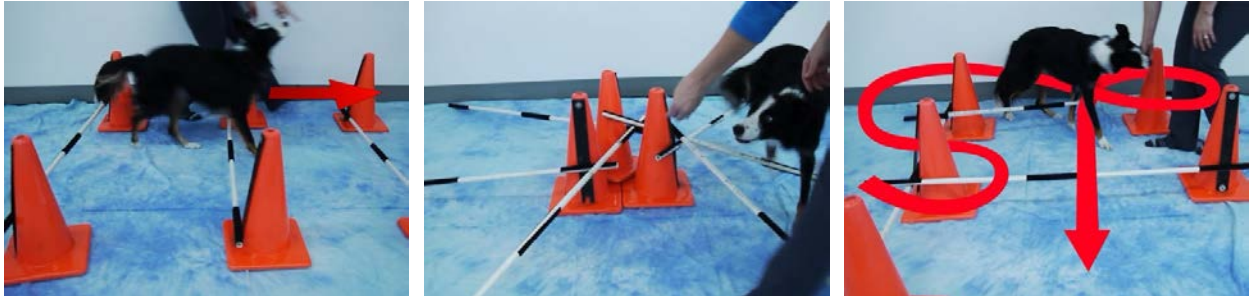
**( ) Weaves**

Lure your dog to weave around a line of objects.  
Reps: 1-2min Frequency 2x/day



**( ) Obstacles**

Lure your dog to step over obstacles in a straight line, circular pattern, or random pattern. Slowly lure your dog over the objects. Reps 1-2min Frequency 2x/day



**( ) Diagonal leg standing**

Start with your dog standing squarely on all four legs. Slowly lift one front leg off the ground, allow your dog to balance. Then lift the opposite rear leg off the ground. Balance for 5 seconds. Replace & repeat. Reps 5x Frequency 2x/day



**PHASE 4 (4 to 6 weeks after PRP Procedure)**

|                            |   |
|----------------------------|---|
| <p><b>Goals</b></p>        | <ul style="list-style-type: none"> <li>• Progression of isometric strengthening to concentric strengthening and eccentric strengthening as tolerated</li> <li>• Begin to incorporate balance and proprioception activities</li> <li>• Perform all activities of daily living pain free</li> </ul>   |
| <p><b>Precautions</b></p>  | <ul style="list-style-type: none"> <li>• Avoid high velocity, high amplitude, high intensity (such as running, jumping, plyometrics, throwing or heavy lifting)</li> <li>• Non-impact activities</li> <li>• Avoid pain post-activity</li> </ul>   |
| <p><b>Therapeutics</b></p> | <ul style="list-style-type: none"> <li>• Joint and soft tissue mobilizations as needed to restore normal range of motion and joint mechanics</li> <li>• Laser and/or Shockwave at a maintenance level</li> </ul>  |
| <p><b>Exercise</b></p>     | <ul style="list-style-type: none"> <li>• Leash walks 20 – 30 minutes, two to three times daily, increasing speed, and continue with hills (steeper grades allowed)</li> <li>• Focus on eccentric strengthening progression                         <ul style="list-style-type: none"> <li>• Sit to stands - progress to sit to stand with front feet elevated</li> <li>• Push-ups with rear feet elevated</li> <li>• Walking up and down stairs</li> </ul> </li> <li>• Incorporation of balance and proprioception exercises                         <ul style="list-style-type: none"> <li>• Lift opposite leg while standing on unstable surface</li> </ul> </li> <li>• Core strengthening                         <ul style="list-style-type: none"> <li>• Plank between blocks / two elevated surfaces</li> </ul> </li> </ul> |

**( ) Plank**

Set your dog up to have front feet on a stool / block and rear feet on a second stool or block. Have blocks placed slightly farther apart than the dog's normal standing distance.

Time 1-2 min Frequency 2x/day



**( ) Push-ups with rear feet elevated**

With the rear feet elevated on a LOW platform or step, encourage your dog to take a treat down at the floor between his/her front feet. Reps 5-10 Frequency 2x/day



**( ) Sit to stands**

Ask your dog to sit, and then to stand. Repeat. Reps 5-10 Frequency 2x/day



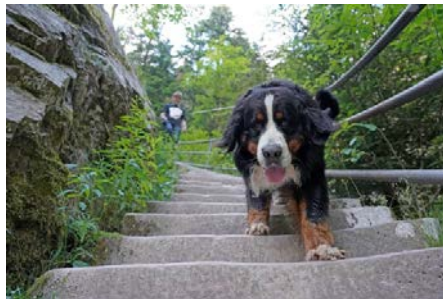
**( ) Sit to stands with front feet elevated**

With your dog facing up a hill, or with front feet elevated, ask your dog for a sit. Then ask for a stand again. Reps 5-10 Frequency 2x/day



**( ) Stairs walking**

Walk your dog up and down stairs (slow and controlled – on leash), as an exercise. Reps 5-10 Frequency 1-2x/day



**( ) Standing *opposite* leg lift & balance on an unstable surface (front or rear)**

Reps 5-10 Frequency 2x/day Hold 10sec



**PHASE 5 (6 to 8 weeks after PRP Procedure)**

|                     |   |
|---------------------|---|
| <b>Goals</b>        | <ul style="list-style-type: none"> <li>• Improve strength and endurance</li> <li>• Pain free function</li> <li>• Symmetric proprioception of affected limb</li> </ul>   |
| <b>Precautions</b>  | <ul style="list-style-type: none"> <li>• Avoid high velocity, high amplitude, high intensity exercise at this time (such as running, jumping, or sudden turns)</li> <li>• Avoid pain post-activity</li> </ul>   |
| <b>Therapeutics</b> | <ul style="list-style-type: none"> <li>• Laser and/or Shockwave at a maintenance level (as needed)</li> </ul>   |
| <b>Exercise</b>     | <ul style="list-style-type: none"> <li>• Leash walks 30 - 40 minutes, two to three times daily, increasing speed and/or steeper hills</li> <li>• Strengthening with eccentric exercise focus at a moderate intensity                         <ul style="list-style-type: none"> <li>• Continue most difficult exercises from last phase</li> </ul> </li> <li>• Balance and proprioception exercises                         <ul style="list-style-type: none"> <li>• Opposite leg lifts and diagonal leg lifts on unstable surfaces</li> <li>• Walking over unstable surfaces</li> </ul> </li> <li>• Continue core strengthening</li> </ul> |

**( ) Standing *opposite* leg lift & balance on an unstable surface (front or rear)**

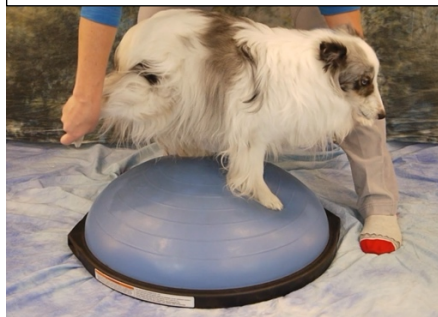
Reps 10 Frequency 2x/day Hold 10sec



**( ) Diagonal leg standing on an unstable surface**

Place your dog on a wobbly or inflatable object (or two) or lure them on. Lift one leg up (front or rear), and then slowly lift it's diagonal leg.

Reps 10 Freq 2x/day Hold 10sec



**( ) Walking forwards or backwards on unstable surfaces**

Create an obstacle course of unstable or inflatable objects. First, walk your dog forwards across the obstacle course, then ask him/her to back up and go over the obstacles backwards. Reps: 10 Freq: 2x/day





**PHASE 6 (8 to 12 weeks after PRP Procedure)**

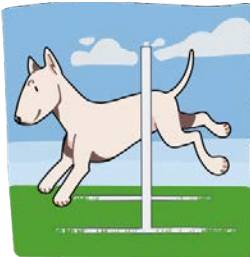
|                     |   |
|---------------------|---|
| <b>Goals</b>        | <ul style="list-style-type: none"> <li>Return to pain-free sport / activity</li> </ul>  |
| <b>Precautions</b>  | <ul style="list-style-type: none"> <li>Avoid post-activity pain</li> </ul>  |
| <b>Therapeutics</b> | <ul style="list-style-type: none"> <li>Laser and/or Shockwave at a maintenance level (as needed)</li> </ul>   |
| <b>Exercise</b>     | <ul style="list-style-type: none"> <li>Leash walks 40 minutes or more, returning to pre-injection levels, two to three times daily, working towards off leash activity after a 5 – 10 minute warm-up</li> <li>Continue with most difficult exercises from past stage(s) and incorporate sport-specific training</li> <li>Can incorporate pre-plyometric exercise progressing to plyometric exercise as tolerated</li> </ul> |

**( ) Jumping up onto a platform**

Encourage your dog to jump up onto a low platform or raised surface (approximately shoulder height or higher). Reps 5-10 Frequency 2x/day

**( ) Directed jumping**

Encourage jumping over an object and turning in one direction, then the other immediately after landing. Reps 5-10 Frequency 2x/day

**( ) Short-distance retrieves**

Encourage your dog to retrieve a item thrown or placed a short distance away from you. Ensure the item is not 'bouncy'. Reps 5-10 Frequency 2x/day



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