

Alberto J. Panero, D.O.
Diplomate of the
American Board of PM&R
Board Certified in Sports Medicine



REGENERATIVE ORTHOPAEDICS

2801 K Street
Suite 330
Sacramento, CA 95816

Phone: (916) 732-3000
Fax: (916) 732-3022

FOOT & ANKLE REHAB STRATEGIES for PRP, Bone Marrow INTRA TENDON/LIGAMENT injections

Overlap of timelines is based on the patient's condition, severity of injury, and monitored progress

Patient Response:

Day 1-5: Inflammatory stage, can be moderate to severe pain.

Day 6-14: Diminishing pain and improving

Day 14- On: Sometimes no pain at all, improved quality of ROM

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

Goals:

- Initiate safe and gradual passive range of motion
- Diminish pain and inflammation
- Decrease muscle tightness and spasms
- Progress to strength and gradual return to sport when ready

Modalities:

- Do not heat or ice for 72 hours post injection, after ok.
- Manual therapies (deep tissue, ART, Graston) should be reserved for periphery, not directly to the injected site for first 4-6 weeks.
- U/S and TENS unit ok after 1st week post injection

RANGE OF MOTION AND WEIGHT BEARING:

- **Week 1:** Begin PROM only for PT only in the first week. **NWB walking in boot, crutches, first week**
- **Week 2:** Begin low level closed chain activity. **PWB/WBAT, walking in boot**
- **Week 3:** AAROM should get 90% of ROM without stretching by end of week 2. **Wean off boot**
- **Week 4:** Begin gentle stretching
- **Week 5-6:** Begin Stretching of muscles. Initiate jump progression, cutting activities, sprints, change of direction

STRENGTH: All pathologies must go through week 1 and 2. Weeks 3 and so on.... can be modified depending on the above pathologies and sport related in season vs post season. This schedule is optimal for tissue healing.

- **Week 1:** no strengthening, no activity, no modalities, Gentle PROM only Towel slides
- **Week 2:** begin PROM and AAROM exercises within pain free range (no stretching).
Level 1 exercises: ABC's, DF/PF, form run @ walk pace. Selective dynamic warm-Up. Begin straight leg closed chain exercises on stable surface only. Initiate Leg press ankle @0°
- **Week 3:** Begin resisted band strength, Dynamic warm-up, Form run @ trot to jog pace. Ladder @jog pace. Resisted walk outs – all directions. Begin bike for cardio.
- **Week 4 and 5:** Controlled and low intensity (in place) return to sport drills. Progressive 40-60 yards (jog, and stride). Begin elliptical for cardio
- **Week 6-7:** Begin Jump Progression, Increase speed of agility, change direction, Jogging for cardio
- **Week 8-10:** Begin sprinting and Return to sport activities 50-75%. Effort
- **Week 11-12:** Return to competition