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REGENERATIVE ORTHOPAEDICS

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## **SHOULDER REHAB STRATEGIES for PRP, Bone Marrow, or Microfat INTRA-tendon injections**

**Sling:** You may or may not be asked to wear a sling for 7 days

### **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 strengthen

### **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 1<sup>st</sup> week post injection

### **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: Progression of activity should be based on individual pain and tolerance to activity, not purely on time frame.**

- **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 3:** Begin Jobe or Thrower's Ten exercises, without weights.
- **Week 4-7:** Progress Jobe exercises and add 1-2 lbs, Light Resistance PNF, light resistance tubing
- **Week 8-10:** progress to fast twitch and dynamic exercises (non-throwing med ball and tubing). May begin controlled overhead return to sport activities (simulated towel drill, shadow drills). Progress to two hand throwing med ball drills.
- **Week 11-12:** 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 12+:** Progress from 75%-90% in controlled setting. Return to contact. Gradual return to sport.