



ELBOW PLATELET-RICH PLASMA INJECTION NON-OPERATIVE GUIDELINES

Phase 1: Rest and Recovery (Weeks 1-2)

PRECAUTIONS

- Avoid painful activities

BRACE MANAGEMENT (if applicable)

- Week 1
 - Hinge brace to be worn at all times
 - Locked 30-60°
- Week 2
 - Hinge brace to be worn at all times
 - Unlocked 0-130°
 - Brace removed after completion of second week

TREATMENT RECOMMENDATIONS

- Elbow AROM to tolerance in brace
- AROM hand/wrist
- Row with scapular protraction and retraction
- Scapular stabilization
 - Prone row
 - Prone extension
 - Prone horizontal abduction
- Kinetic chain focus

CRITERIA FOR ADVANCEMENT

- No pain at rest or with above exercises
- Full, pain-free elbow ROM

EMPHASIZE

- Reduction of pain and inflammation
- Restoration of full distal ROM



ELBOW PRP INJECTION NON-OPERATIVE GUIDELINES

Phase 2: Intermediate (Weeks 3-4)

PRECAUTIONS

- Avoid painful activities

TREATMENT RECOMMENDATIONS

- Continue as above
- Posterior shoulder stretches
- Modified sleeper and cross body (as needed)
- Wrist and forearm progression
- Throwers Ten/Advanced Throwers Ten
- Rotator cuff (RC) eccentrics
- RC strengthening with elastic band at 0° shoulder abduction and progress to 90° shoulder abduction
- Scapular stabilization
 - Closed kinetic chain (CKC) quadruped single arm protraction
 - unstable surface
 - perturbations
 - Wall slide with low trapezius lift off
 - Dynamic hug
 - Prone T, W, Y, I
- End range stabilization using exercise blade/perturbations

CRITERIA FOR ADVANCEMENT

- Tolerance of Phase 2 exercises without elbow discomfort

EMPHASIZE

- Progression of RC and scapular strength
- Restoration of shoulder endurance in 90/90 position
- Improved neuromuscular control



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Phase 3: Advanced (Weeks 5-6)

PRECAUTIONS

- Avoid painful activities

TREATMENT RECOMMENDATIONS

- Continue all shoulder exercises above
- _rogress neuromuscular stabilization
 - Perturbations at end range external rotation 90/90
 - Wall ball stabilization with perturbations
- Plyometric progression
 - Double arm plyometrics
 - single arm plyometrics
 - 90/90 plyometrics
 - 90/90 wall dribble
 - Eccentric catches
- Progress scapular/serratus activation
 - Landmine press
 - “Plus” in plank position
 - unstable surface
 - perturbations
- Towel drill

CRITERIA FOR ADVANCEMENT

- Single arm plyometrics without discomfort
- Towel drill without discomfort
- Shoulder endurance program maintaining good arm angles

EMPHASIZE

- Advancement to plyometric and sports specific movements
- Progression of RC and scapular strength and endurance



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Phase 4: Return to Performance Progression (Weeks 7-12+)

PRECAUTIONS

- Monitor for symptoms during interval programs

TREATMENT RECOMMENDATIONS

- Initiate interval sports program
 - Monitor mechanics
 - Monitor workload
- Continue shoulder activation and flexibility program

CRITERIA FOR RETURN TO SPORTS PARTICIPATION

- Asymptomatic progression through interval program
- Independent with all arm care exercises

EMPHASIZE

- Restoration of full strength and flexibility
- Restoration of normal neuromuscular function
- Preparation for return to sport specific activity