

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

SHOULDER REHAB STRATEGIES for PRP, Bone Marrow, or Microfat JOINT injections

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

Initial response: will take 4-6 weeks

Full response: by 3 months

Goals:

- Initiate safe and gradual passive range of motion
- Diminish pain and inflammation, decrease muscle tightness and spasms
- Progress to strength & return to sport in a gradual basis

Modalities:

- Do not heat or ice for 72 hours post injection, after ok.
- Manual therapies (deep tissue, ART, Graston): Start with peripheral tissues from injected joint. Incorporate joint 2 weeks after last injection.
- U/S and TENS unit ok after 1st week post injection

RANGE OF MOTION

- **Week 1:** Begin PROM only for PT only in the first week
- **Week 2 and 3:** 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:** PROM and AAROM exercises within pain free range (no stretching). Begin sub max isometrics and progress to gravity eliminated strength.
- **Week 3:** Begin Jobe or Thrower's Ten exercises, without weights.
- **Week 4-5:** Progress Jobe exercises and add 1-2 lbs, Light Resistance PNF, light resistance tubing.
- **Week 5-6:** 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 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 8+:** Progress from 75%-90% in controlled setting. Return to contact. Gradual return to sport.