



DR JON SWIFT  
REGENERATIVE MEDICINE

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## Post Injection Instructions

### Overview

*(Platelet Rich Plasma/Stem Cells)*

Expect to have pain after procedure. On an average, pain lasts approximately 3-4 days and then will gradually decrease, but in some cases may last longer, up to two weeks. Some patients have no pain, but this is not a common occurrence.

You will not feel immediate pain relief from this procedure. Joints often will start to feel some relief between 4-6 weeks. Tendons will start to feel some relief between 6-10 weeks.

Remember, maximum improvement occurs over a period of several months.

Avoid heating the area for the first 3-4 days as this may increase inflammation and, in turn, cause pain.

Refrain from non-steroidal anti-inflammatories (Ibuprofen, Aleve, Advil, Motrin, etc.) and Aspirin for a minimum of 2 weeks. Up to 6 weeks if tolerable.

For your pain control, we would prefer you take the prescription medication that is provided for you. However, if you prefer over the counter medications, you may only take Tylenol (please take as directed on the label).

Avoid excess activity on the treated area for the first two weeks. Normal, day-to-day activities are ok during this time as pain allows. After 2 weeks, follow the rehab protocol and directions provided by your physician.

## Post PRP/Stem Cell Rehabilitation

### *Phase 1 | Tissue Protection*

Time: 0-3 Days

Restrictions:

Consider crutches or walking boot for certain lower extremity procedures, especially if in pain.

No weight training

Avoid NSAIDS (Aleve, Ibuprofen, etc.) and ice

Rehabilitation:

Relative rest

Activities as tolerated; avoid excess loading or stress to treated area

Gentle movement of the extremity (active range of motion)

*Phase 2 | Early Tissue Healing; Facilitation of Collagen Deposition*

Time: 4-14 Days

Restrictions:

Progress to full weight bearing without protective device, if using

Avoid NSAIDS and ice

Rehabilitation:

Light activity to provide motion to tendon; aerobic exercises that avoid loading of the treated tendon for lower extremities

Gentle prolonged stretching

May work on core strengthening/strengthening away from injury site

*Phase 3 | Collagen Strengthening*

Time: 2-6 Weeks

Restrictions:

Avoid eccentric weight lifting exercises, AKA-negatives

Avoid NSAIDS and ice

Rehabilitation:

Progress load bearing activities

Low weight, high repetition exercise with pain < 3/10

Open chain exercises

Soft tissue work on tendons and deep tissue massage

“Dynamic” stretching

Time: 6-12 Weeks

Rehabilitation:

Eccentric exercises with pain < 3/10

Closed chain exercises

Plyometrics; proprioceptive training and other sport specific exercises

Progress load bearing activities and return to sport if pain < 3/10

Progress back to functional sport

Time: 3+ Months

Restrictions:

If not >75% improved, consider repeat injection and return to Phase 1

Rehabilitation:

Specific activities with increasing load on tendon as pain allows