



DR. JIHAD ABOUALI
SPORTS MEDICINE & ARTHROSCOPY

A portrait of Dr. Jihad Abouali, a man with a beard and short dark hair, smiling at the camera. He is wearing a dark grey V-neck scrub top. On the left chest of his scrub top, there is a name tag that reads "Jihad Abouali, MD Orthopaedic Surgeon" and a small "FIGS" tag on the pocket. He has his arms crossed. The background is a blurred outdoor setting with a building and some greenery.

Helping you move with less
pain and greater confidence

**HIP OSTEOARTHRITIS (OA)
PRP INJECTION**

Post-Injection Rehabilitation Protocol





YOUR RECOVERY MATTERS

Your recovery depends on how closely you follow your care plan.

This protocol is designed to:

- ☒ Support the healing response following PRP injection
- ☒ Reduce pain and joint irritation
- ☒ Improve mobility and movement quality
- ☒ Restore hip strength and function
- ☒ Support a safe return to activity

WHAT YOU NEED TO KNOW

- Recovery progresses gradually
- Mild soreness after PRP may be normal
- Improvement may occur over several weeks
- Movement is important
- Strength is important
- Activity should be increased gradually
- Everyone responds differently

IMPORTANT

- Do not compare your recovery to others
- Do not progress based on time alone
- Progress based on symptoms and function
- Follow guidance from your surgeon or physiotherapist

PRP RECOVERY & EARLY HEALING



WHAT IS PRP?

Platelet-Rich Plasma (PRP)

Uses platelets and growth factors concentrated from your own blood.



EARLY HEALING RESPONSE

It is normal to experience:

- temporary soreness
- stiffness,
- or swelling following a PRP injection.

A temporary inflammatory response may occur as part of the healing process.



EARLY GUIDELINES

- Relative rest for the first 2–3 days
- Take short walks as tolerated
- Avoid impact activities such as running or jumping
- Avoid high-intensity exercise
- Avoid sudden increases in activity
- Avoid NSAIDs unless approved by your physician



REDUCE ACTIVITY IF

- Pain significantly increases
- Limping develops
- Symptoms remain elevated greater than 24 hours
- Swelling worsens



Mild pain, stiffness, and swelling are a normal part of the early healing response after PRP.

RECOVERY ROADMAP & REHABILITATION



Your recovery progresses through structured phases designed to reduce pain, restore mobility and strength, improve function, and help you safely return to your daily activities.



PHASE 1

RECOVERY & EARLY MOBILITY

Days 1-3

Support the early healing response, protect the healing joint, and begin gentle movement.



PHASE 2

MOBILITY & MUSCLE ACTIVATION

Days 4-14

Restore comfortable movement, improve walking, and gently activate the muscles around the hip.



PHASE 3

STRENGTH & FUNCTIONAL LOADING

Weeks 2 - 4

Build hip strength, improve movement control, and restore function.



PHASE 4

RETURN TO ACTIVITY & SELF-MANAGEMENT

Weeks 4-6+

Gradually return to daily and recreational activities while building long-term habits to maintain joint health

IMPORTANT RECOVERY PRINCIPLES

- Gentle movement supports joint health
- Strength supports joint health
- Progress gradually
- Avoid flare-ups
- Quality movement matters more than speed
- Long-term success depends on ongoing exercise



Following this rehabilitation program and progressing gradually will help support your recovery after PRP treatment.

Phase 1
RECOVERY & EARLY MOBILITY
 0AYS 1-3

PRIMARY PHASE FOCUS

Allow the initial healing response while maintaining gentle mobility, circulation, and comfortable weight bearing.

GOALS



Reduce joint irritation



Promote circulation



Prevent stiffness



Maintain hip mobility



Maintain comfortable walking

EXERCISES

PURPOSE

HOW TO PERFORM

WHAT YOU SHOULD FEEL

COMMON MISTAKES

DOSAGE/ PROGRESSION

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Calf Pumps

Promote circulation

Move foot up and down slowly

Gentle calf and ankle movement

Moving too quickly

20–30 repetitions every hour while awake



Weight Shifts

Improve confidence with loading

Shift weight side-to-side while standing

Comfortable loading through both legs

Leaning excessively

10–15 repetitions, 2–3 times daily



Gentle Hip Marches

Maintain hip mobility

Lift one knee at a time in standing while holding support

Gentle hip movement

Lifting too high or quickly

10–15 repetitions per side



Seated Hip Rotation

Maintain comfortable hip motion

Slowly rotate leg inward and outward while seated. Perform only within a comfortable range.

Gentle movement in hip joint

Forcing range of motion

10–15 repetitions



Short Walks Weight Bearing as Tolerated

Maintain functional mobility

Walk short distances comfortably

Comfortable movement without significant limping

Walking too far too soon

Short frequent walks as tolerated

PROGRESS WHEN

- ☒ Walking comfortably
- ☒ Symptoms manageable

- ☒ Hip mobility improving

Phase 2 MOBILITY & MUSCLE ACTIVATION DAYS 4-14

PRIMARY PHASE FOCUS

Restore mobility and activate key muscles that support hip function and stability.

GOALS	 Improve glute activation	 Improve hip stability	 Improve movement quality	 Improve confidence during walking	
EXERCISES	PURPOSE	HOW TO PERFORM	WHAT YOU SHOULD FEEL	COMMON MISTAKES	DOSAGE/ PROGRESSION
 Glute Sets	Improve glute activation	Squeeze buttock muscles and hold	Glute muscle contraction	Holding breath	Hold 5–10 seconds, 10–20 repetitions
 Bridges	Improve glute and hip strength	Lift hips off surface while maintaining control	Glute activation	Arching lower back excessively	10–15 repetitions, 2–3 sets
 Standing Hip Extension	Improve posterior hip strength	Extend leg behind body while maintaining posture	Glute activation	Excessive trunk movement	10–15 repetitions
 Standing Hip Abduction	Improve hip stability	Move leg sideways while maintaining upright posture	Side hip muscle activation	Leaning excessively	10–15 repetitions
 Sit-to-Stand	Improve functional strength	Stand up and sit down with control	Glute and thigh activation	Using momentum	8–12 repetitions, 2–3 sets

PROGRESS WHEN

- ☒ Comfortable walking
- ☒ Improved muscle activation

- ☒ Minimal symptom aggravation

Phase 3
STRENGTH & FUNCTIONAL LOADING
 WEEKS 2-4

PRIMARY PHASE FOCUS
 Improve strength, endurance, stability, and functional capacity.

GOALS					
	Improve hip strength	Improve glute strength	Improve balance	Improve endurance	Improve activity tolerance
EXERCISES	PURPOSE	HOW TO PERFORM	WHAT YOU SHOULD FEEL	COMMON MISTAKES	DOSAGE/ PROGRESSION
 Mini Squats	Improve lower hip and leg strength	Perform shallow squat with control	Hip and glute activation	Knees collapsing inward	10–15 repetitions, 2–3 sets
 Step-Ups	Improve functional strength	Step onto platform and return slowly	Hip and glute activation	Poor alignment	8–12 repetitions, 2–3 sets
 Lateral Band Walks	Improve hip stability	Walk sideways while maintaining band tension	Side hip muscle activation	Dragging feet	10–20 steps each direction
 Bridge Progression	Increase hip and glute strength	Progress bridge difficulty as tolerated	Strong glute activation	Excessive lumbar extension	10–15 repetitions
 Stationary Cycling	Improve endurance	Cycle at comfortable resistance	Mild cardiovascular effort	Excessive resistance too early	Begin 10–15 minutes and progress gradually

PROGRESS WHEN

- ☒ Strength improving
 ☒ Good movement quality
- ☒ Improved endurance

Phase 4

RETURN TO ACTIVITY & SELF-MANAGEMENT

4 - 6+ WEEKS

PRIMARY PHASE FOCUS

Improve endurance, confidence, function, and long-term hip health.

GOALS					
	Return to regular activity	Improve endurance	Improve confidence	Improve function	Establish sustainable exercise habits
EXERCISES	PURPOSE	HOW TO PERFORM	WHAT YOU SHOULD FEEL	COMMON MISTAKES	DOSAGE/ PROGRESSION
 Walking Progression	Improve endurance	Gradually increase walking duration	Comfortable walking without symptom flare	Increasing distance too quickly	Gradually increase duration and frequency
 Cycling Progression	Improve cardio fitness	Low-impact aerobic exercise	Comfortable cardiovascular effort	Excessive resistance	Increase duration and resistance gradually
 Functional Strength Training	Maintain strength	Perform directional movement drills while maintaining control	Controlled speed and coordination	Rushing movements or poor control with directional changes	Progress height gradually as tolerated
 Balance Progression	Improve stability	Single-leg and dynamic balance	Control and confidence	Advancing too quickly	Progress complexity gradually
 Recreational Activity Progression	Return to preferred activities	Individualized activity participation	Pain and function	Returning too quickly	Gradual reintroduction

RECOVERY DEPENDS ON

- ☒ Consistency
- ☒ Gradual progression
- ☒ Quality movement
- ☒ Load management
- ☒ Following your rehabilitation plan

LONG TERM SUCCESS & RECOVERY



Recovery is an ongoing process.

Consistency, movement, strength, and activity modification are important components of long-term success.



LONG-TERM SUCCESS

- Continue your hip strengthening program
- Maintain hip mobility and flexibility
- Prioritize movement quality over speed
- Gradually return to your preferred activities
- Stay consistent with your exercise program for long-term hip health



REMEMBER

- Progress looks different for everyone
- Small improvements add up
- Continue strengthening beyond six weeks
- Regular activity keeps your joint healthy
- Follow your healthcare team's recommendations



CONTACT DR. ABOUALI'S OFFICE IF YOU EXPERIENCE



Severe pain



Significant swelling



Fever greater than 101°F

(A low-grade fever may be normal in the first 1-2 days)



Chills



Inability to comfortably weight bear

Seek immediate care if needed. Do not rely on email for urgent concerns.

WEBSITE

www.torontosportsdoc.com

CONTACT CLINIC

416-546-7373

YOUR REHABILITATION APP

Continue your recovery through the rehabilitation app with personalized exercise videos, progress tracking, and recovery guidance.



Your recovery is a process. Stay consistent, stay patient, and trust the plan.