TORONTO SPORTS DOC

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SPORTS MEDICINE & ARTHROSCOPY



Helping you move with less pain and greater confidence

ROTATOR CUFF PRP INJECTION

Post-Injection Rehabilitation Protocol

PUSH POUNDS
SPORTS MEDICINE



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 shoulder 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
- Use the arm for light daily activities as tolerated
- Avoid heavy lifting
- Avoid repetitive overhead activity
- Aviod high-intensity upper body exercises
- Increase activity gradually as symptoms allow
- Avoid NSAIDs unless approved by your physician

REDUCE ACTIVITY IF

- Pain significantly increases
- Night pain worsens
- Symptoms remain elevated greater than 24 hours
- Daily activities become increasing painful

Mild soreness and stiffness 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 shoulder mobility and strength, improve function, and safely return to your daily activities.

PHASE 1 **RECOVERY & EARLY MOBILITY**

Days 1-3

Protect the healing shoulder, reduce irritation, and maintain gentle shoulder movement.

PHASE 2 **MOBILITY & MUSCLE ACTIVATION**

Days 4-14

Restore comfortable shoulder mobility and begin gentle rotator cuff and scapular muscle activation.

PHASE 3 **STRENGTH & FUNCTIONAL LOADING**

Weeks 2 - 4

Build rotator cuff strength, improve shoulder control, and restore comfortable daily function.

PHASE 4 **RETURN TO ACTIVITY & SELF-MANAGEMENT**

Weeks 4-6+

Gradually return to daily activities while improving endurance, overall shoulder function, and long-term movement quality.

IMPORTANT RECOVERY PRINCIPLES

- Restore shoulder motion gradually
- Progress strengthening gradually
- Prioritize movement quality over speed
- Avoid sudden overhead loading
- Mild discomfort is acceptable if it settles with 24 hours
- Stay consistent with your exercise program

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

Phase 1

RECOVERY & EARLY MOBILITY

0AYS 1-3

PRIMARY PHASE FOCUS

Protect the shoulder while maintaining gentle mobility and promoting comfortable movement.

GOALS

- **Protect the tendon**
- **Reduce irritation**
- **Maintain mobility**
- **Promote circulation**
- **Avoid excessive loading**

EXERICISES	PURPOSE	HOW TO PERFORM	WHAT YOU SHOULD FEEL	COMMON MISTAKES	DOSAGE/ PROGRESSION
 **Pendulum Exercises**	Promote circulation and reduce stiffness	Lean forward and allow arm to gently swing	Gentle shoulder movement	Actively lifting arm	30–60 seconds, 2–3 times daily
 **Assisted Shoulder Flexion**	Maintain shoulder mobility	Use opposite arm to assist shoulder elevation within a comfortable range	Gentle stretch without sharp pain	Forcing motion	10–15 repetitions,
 **Assisted External Rotation**	Maintain rotational mobility	Use stick or opposite hand to assist rotation within a comfortable range	Gentle stretch in shoulder	Pushing into pain	10–15 repetitions
 **Scapular Setting**	Improve shoulder positioning	Gently bring shoulder blades back and down	Mild muscle activation between shoulder blades	Shrugging shoulders	10–15 repetitions
 **Light Daily Use**	Maintain comfortable daily function	Use arm for light daily tasks as tolerated	Comfortable movement	Heavy lifting too early	Light use only as tolerated

PROGRESS WHEN

- ☑ Shoulder motion is comfortable
- ☑ Symptoms remain manageable
- ☑ Light daily activities are tolerated

Phase 2

MOBILITY & MUSCLE ACTIVATION

DAYS 4-14

PRIMARY PHASE FOCUS

Restore mobility and begin activation of the rotator cuff and scapular stabilizers.

GOALS

- Improve shoulder mobility
- Improve rotator cuff activation
- Improve scapular control
- Improve movement quality
- Improve movement confidence

EXERICISES

	PURPOSE	HOW TO PERFORM	WHAT YOU SHOULD FEEL	COMMON MISTAKES	DOSAGE/ PROGRESSION
 **Wall Slides**	Improve mobility and scapular control	Slide arms upward on wall while maintaining posture	Gentle shoulder movement	Arching lower back	10–15 repetitions
 **Scapular Retraction**	Improve shoulder blade control	Gently squeeze shoulder blades together	Upper back activation	Shrugging shoulders	10–15 repetitions
 **Isometric External Rotation**	Begin rotator cuff activation	Press hand outward into resistance without moving	Mild shoulder activation	Pressing too hard	Hold 5–10 seconds, 10 repetitions
 **Isometric Internal Rotation**	Begin rotator cuff activation	Press hand inward into resistance without moving	Mild shoulder activation	Painful forceful contractions	Hold 5–10 seconds, 10 repetitions
 **Assisted Shoulder Abduction**	Improve mobility	Use opposite arm or assistance to lift arm sideways	Gentle shoulder motion	Forcing range	10–15 repetitions

PROGRESS WHEN

- ☑ Improved mobility
- ☑ Improved muscle activation
- ☑ Daily activities becoming easier
- ☑ Symptoms return to baseline within 24 hours

Phase 3

STRENGTH & SHOULDER CONTROL

WEEKS 2-4

PRIMARY PHASE FOCUS

Improve rotator cuff strength, scapular stability, endurance, and movement quality.

GOALS

- **Improve rotator cuff strength**
- **Improve scapular strength**
- **Improve endurance**
- **Improve shoulder control**
- **Improve activity tolerance**

EXERICISES	PURPOSE	HOW TO PERFORM	WHAT YOU SHOULD FEEL	COMMON MISTAKES	DOSAGE/ PROGRESSION
 **Band External Rotation**	Strengthen rotator cuff	Rotate forearm outward against resistance	Mild shoulder fatigue	Excessive resistance	10–15 repetitions, 2–3 sets
 **Band Internal Rotation**	Strengthen rotator cuff	Rotate forearm inward against resistance	Controlled shoulder activation	Poor posture	10–15 repetitions, 2–3 sets
 **Seated Rows**	Improve scapular strength	Pull resistance toward body while squeezing shoulder blades	Upper back activation	Shrugging shoulders	10–15 repetitions, 2–3 sets
 **Scaption Raises**	Improve shoulder strength	Raise arm in scapular plane with control	Controlled shoulder activation	Raising above painful range	10–15 repetitions
 **Serratus Wall Slides**	Improve shoulder stability	Slide arms upward while maintaining pressure into wall	Shoulder blade activation	Excessive shrugging	10–15 repetitions

PROGRESS WHEN

- ☑ Strength improving
- ☑ Improved endurance
- ☑ Good movement quality
- ☑ Symptoms controlled

Phase 4

ADVANCED STRENGTHENING & RETURN TO ACTIVITY

4 - 6+ WEEKS

PRIMARY PHASE FOCUS

Improve shoulder strength, endurance, confidence, and readiness for work, sport, and recreational activities.

GOALS

- **Improve shoulder strength**
- **Improve overhead tolerance**
- **Improve endurance**
- **Restore confidence with shoulder use**
- **Support long-term shoulder health**

EXERICISES	PURPOSE	HOW TO PERFORM	WHAT YOU SHOULD FEEL	COMMON MISTAKES	DOSAGE/ PROGRESSION
 **Progressive Rotator Cuff Strengthening**	Improve strength and endurance	Continued cuff strengthening	Pain response and fatigue	Advancing resistance too quickly	Gradually increase resistance
 **Functional Lifting Progression**	Improve daily activity tolerance	Carrying and lifting tasks	Shoulder discomfort during and after activity	Heavy lifting too soon	Gradually increase load
 **Push / Pull Strengthening**	Restore upper limb function	Controlled pushing and pulling tasks	Shoulder symptoms and movement quality	Poor mechanics	Progress gradually
 **Overhead Activity Progression**	Improve overhead function	Reaching and overhead tasks	Pain and fatigue response	Excessive overhead volume too soon	Gradual reintroduction
 **Activity-Specific Progression**	Return to sport/work demands	Individualized activity participation	Symptoms during and after activity	Returning too quickly	Gradual progression of demands

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 shoulder strengthening program
- Maintain shoulder mobility and flexibility
- Prioritize movement quality over quantitiy
- Gradually return work, sport, and daily acivities
- Stay consistent with your exercises

REMEMBER

- Progress is not always linear
- Small improvements add up
- Continue strengthening beyond six weeks
- Avoid sudden increases in overhead activity of heavy lifting
- Follow your care team's recommendations

CONTACT DR. ABOUALI'S OFFICE IF YOU EXPERIENCE

- **Severe or worsening pain**
- **Significant swelling**
- **Fever greater than 101°F** (A low-grade fever may be normal in the first 1-2 days)
- **Chills**
- **Increasing redness or warmth**

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.