



Ultrasound-Guided Lipogems/PRP Protocol: Glute Tendon

TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Week 1	• Protect affected site • May return to work the following day as tolerated	• No use of NSAIDs or ice for 4 weeks • No weightbearing for 4 days, day 4 progress to TTWB, wean off crutches at end of 1 week	• Rest • Begin gentle ROM to increase hip flexion on day 4, 4 times a day • BFR (optional on day 4)
Week 2	• Reduce pain and swelling • Pain free-range of motion	• No use of NSAIDs or ice for 4 weeks • Progress WBAT using crutches	• Continue AROM and PROM • Begin isometrics • Begin SLR's and clam shells • Incorporate core stability exercises • May use pool once wound has healed • Discontinue exercise if pain becomes >4/10
Weeks 3-6	• Building Strength	• No use of NSAIDs or ice for 4 weeks • Use crutches as needed	• Continue active ROM as needed • Progress hip ABD strengthening • May begin stationary bike • Discontinue exercise if pain becomes >4/10
Weeks 6-12	• Increase strength and function • Incorporating sports, balance, and high impact activities	• Activities as tolerated	• Continue strengthening exercises • Begin sport specific exercises • May begin soft tissue work with and without tools (no foam rolling until week 6) • Discontinue exercise if pain becomes >4/10

Although post-procedure care will be tailored to fit your individual needs, following guidelines are designed to help you and your physical therapist after the procedure.