



Ultrasound-Guided Lipogems/PRP Protocol: Shoulder Joint/Tendon

TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Week 1	• Protect affected site • Reduce pain and swelling • Safe use of sling for 7 days – after 3 days begin to wean out of sling as tolerated • May return to work the following day as tolerated	• No use of NSAIDs or ice for 4 weeks • No driving in sling • No sleeping on procedure side • Sleep in sling for 1 week post-procedure • No lifting > 5 lbs • Avoid overhead activity for 2 weeks	• Rest • Begin gentle active ROM (pendulum exercises) four times a day
Week 2	• Reduce pain and swelling • Begin active range of motion	• No use of NSAIDs or ice for 4 weeks • No sleeping on procedure side • No lifting > 10 lbs • Avoid overhead activity for 2 weeks	• Continue AROM and PROM • Begin isometrics • Begin thoracic mobility exercises • Discontinue exercise if pain becomes >4/10
Weeks 3-6	• No pain or swelling • Full, active ROM • Focus on shoulder strengthening	• No use of NSAIDs or ice for 4 weeks • May lift up to 10 - 20 lbs • Avoid eccentric exercises	• Continue active ROM as needed • Progressive strengthening • Discontinue exercise if pain becomes >4/10
Weeks 6-12	• Focus on return to sport activities • No pain or swelling • Full, active ROM • Increase strength and function • Maintain healthy diet	• Activities as tolerated	• Begin eccentric training/loading • Continue strengthening exercises • Begin sport specific exercises • 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.

Complete Research questions on app at 4 weeks, 8 weeks, 3 months, 6 months, 1 year, and 2 years.