

# Orthobiologic (PRP/BMAC/MFAT) / Percutaneous Needle Tenotomy Soft Tissue (Tendon, Ligament) Post-Procedure Rehabilitation Protocol



Dr. Ho

PHASE	TIME	RESTRICTIONS & REHABILITATION
<b>Phase 1:</b> Tissue Protection <i>“Baby Tissue”</i>	Days 0-2	<ul style="list-style-type: none"> <li>• Non to partial weight-bearing for lower extremity procedures, sling for upper extremity procedures</li> <li>• Active range of motion multiple times per day</li> <li>• Apply moist heat, compression, elevation</li> <li>• Avoid the “squish effect” to the tissue</li> </ul>
<b>Phase 2:</b> Early Tissue Healing; Facilitation of Collagen Deposition <i>“5-Year-Old Tissue”</i>	Days 3-14	<ul style="list-style-type: none"> <li>• Light activities to provide motion to soft tissue (tendon and/or ligament)</li> <li>• Lower extremity procedures: light aerobic exercise allowed</li> <li>• Upper extremity procedures: wean out of sling as tolerated</li> <li>• Begin treatment on kinetic chain / adjacent regions</li> <li>• Ice or heat as needed, compression, elevation, active range of motion</li> </ul>
<b>Phase 3:</b> Wound Contraction <i>“Teenage Tissue”</i>	Weeks 2-6	<ul style="list-style-type: none"> <li>• Progress loading activities on soft tissue</li> <li>• Low weight, high repetition isometrics then isotonic (pain scale &lt; 5/10)                             <ul style="list-style-type: none"> <li>○ Start open kinetic chain exercises (ie: light weight bicep or leg curls, light weight bench press)</li> <li>○ Progressive increases in weightlifting</li> <li>○ Avoid eccentric exercises</li> </ul> </li> <li>• Soft tissue work (e.g, OMT, IASTM, Theragun / massage gun)</li> <li>• Elliptical machine or stationary bike with moderate resistance</li> </ul>
<b>Phase 4:</b> Collagen Strengthening <i>“College Tissue”</i>	Weeks 6-12	<ul style="list-style-type: none"> <li>• Eccentric exercises (pain scale &lt; 5/10)</li> <li>• 3 sets of 15 eccentric reps 2x/day, 7 days/week for 6 weeks</li> <li>• Work through non-disabling pain</li> <li>• Progressively add weight</li> <li>• Closed kinetic chain activities (ie: body squats, lunges, pushups, assisted pullups)</li> <li>• Plyometrics, proprioceptive training, and other sports-specific exercises</li> <li>• Progress sporting activities and consider return to sport if pain consistently &lt; 3/10</li> </ul>
<b>Phase 5:</b> <i>“Mature Adult Tissue”</i>	Weeks 12+	<ul style="list-style-type: none"> <li>• Unrestricted activity</li> <li>• Progress back to functional sport-specific activities with increasing load on soft tissue</li> <li>• If not 75% improved and progressing, consider repeat procedure and return to Phase 1</li> </ul>

*If you have any problems or questions, please call your doctor’s office (8am-5pm).  
Answering service for after hours.*

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