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# PRP Recovery Plan

## Phase 1: Inflammatory response phase

FOCUS: minimal intervening, until this has settled, or 4 complete inflammatory days have passed

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|---|---|
| Day 0 | Injection Day |
| Day 1 and 2 | Inflammatory response, usually feels achy, can be quite sore,<br>Consider pain relief to assist sleep |
| Day 3 and 4 | inflammatory response, more manageable |

## Phase 2: Retraining phase

FOCUS: commence retraining

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|---|---|
| Day 5 and 6 | inflammatory response has mostly settled |
| Day 7 to 9 | usually find the response is returning to baseline levels of discomfort |

## Phase 3: Graded Increases

FOCUS: now that retraining has commenced, it is the first part of increasing load,
either in frequency, volume, load or distance

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|---|---|
| Day 10 to 15 | largely variable, according to response to increased tissue load |

## Phase 4: Intentional plateau

FOCUS: this is usually the first sign of tissue repair post PRP, minimise overload for a few days
to allow the foundation to this healing process, before increasing again

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|---|---|
| Day 16 to 19 | usually find an improvement in symptoms, and function |

## Phase 5: Graded Increases

FOCUS: move beyond the basic movements, add complexity and dynamic challenges

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|---|---|
| Day 21 to 28 | continued noticeable improvement |

## Phase 6: Goal focussed

FOCUS: depending on intra articular (joint) vs connective tissue (tendon, ligament, fascia)
review the intended goal, and how to work toward this

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|---|---|
| Day 29 to 35 | continued noticeable improvement, with improved recovery periods |
| Day 35 to 64 | improvement slows, but still improving, |
| Day 65+ | minimal change from PRP is noticeable, rehabilitation should be in full swing |

Repeat PRP to be considered between weeks 4 and 6 (28 to 42 days)