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## **Platelet Rich Plasma Post Injection Instructions and Protocol: Lateral Epicondylitis**

### **Activity:**

- Keep arm still for about 15 minutes after the injection
- Avoid any strenuous use of the elbow for the next 24 hrs
- Starting the second day, begin to use the elbow as tolerated with pain being your guide working on restoring normal motion to the elbow

### **Post-injection Pain:**

- Approximately 1% of patients will have severe pain after the injection for between 1 – 4 days
- Use only Tylenol for pain control
- Icing is ok. Typically 30 min on and 30 min off
- Compared to any prior cortisone injection, the elbow may feel more painful or not any better for up to 4 – 12 weeks. At that time pain relief and function typically improve.

### **Therapy:**

- Physical therapy can start within the first week after the injection.
- Return to prior activity will usually take at least 4 – 6 weeks to complete the rehab
- Protocol
  - Week 0 – 2
    - Begin slow and gentle elbow and wrist stretching to restore motion. Avoid excessive pain
  - Week 2 – 4
    - Start light isometrics
    - Progress to eccentrics once isometrics tolerated
  - Week 4 and beyond
    - Progressive resistance exercise
    - Begin sport specific exercise with goal to return to sports for full activity by week 6.

Adapted from:

Mishra et al American Journal of Sports Medicine 2013

Gosens et al American Journal of Sports Medicine 2011