

Distal Hamstring Tear Excision Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Prevent stiffness ● Reduce swelling ● Early full ROM ● Avoid scarring 	<p>No brace</p> <p><u>Weightbearing:</u> as tolerated with crutches</p>	<ul style="list-style-type: none"> ● Prone hamstring extension ● Passive knee ROM to full hyperextension ● Achieve 90 degrees flexion by 1 week <p>Modalities:</p> <ul style="list-style-type: none"> ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Glute sets ● Ankle pumps ● Quad sets, NMES for biofeedback ● Assisted flexion ● Theraband leg press ● Heel slides ● Stationary bike with high seat, low resistance early isometrics
<p>Phase 2 (2-4 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Eliminate swelling ● Pain-free full ROM ● Normal gait on treadmill ● Increase quad and HS strength 	<p>Fully off crutches</p>	<p>Modalities:</p> <ul style="list-style-type: none"> ● Patellar mobs ● Quad stim for residual weakness 	<ul style="list-style-type: none"> ● Gait training with good quad control ● Straight leg raises with weight ● Isometric quad sets ● Prone hangs to full extension ● HS curls ● Calf strength ● Closed chain quad strength (mini squats, weight shiftin) ● Single leg balance/proprioception work ● Bike progress resistance ● Begin walk/jog
<p>Phase 3 (5+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain free ADLs ● Normal knee ROM ● Normal gait ● Return to sport 		<p>Maintain Full A/PROM</p> <p>Manual:</p> <ul style="list-style-type: none"> ● Scar manipulation <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Bike, elliptical, stair master ● Step ups/lateral step over's- progress to faster pace ● Increase perturbation ● SLS dynamic surfaces with ball toss ● Increase jogging ● Change of direction ● Sport specific exercises