

Partial Hamstring Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ▪ Protect repair ▪ Decrease swelling ▪ Emphasis on weightbearing restrictions 	<p>Touch-down 25% weightbearing with crutches</p>	<ul style="list-style-type: none"> ▪ No active knee flexion or hip extension ▪ Passive hip flexion to 60 degrees when knee flexed ▪ AVOID simultaneous knee extension/hip flexion <p>Modalities:</p> <ul style="list-style-type: none"> ▪ Compression/ Ice 	<ul style="list-style-type: none"> ▪ Quad isometrics/quad sets ▪ Ankle pumps ▪ Core/abdominal isometrics ▪ Crutch work/weightbearing compliance
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ▪ Control pain/inflammation ▪ Promote healing ▪ Begin gentle scar massage for desensitization 	<p>50% weightbearing with crutches x 2 weeks</p> <p>Progress to full weightbearing after 4 weeks</p>	<ul style="list-style-type: none"> ▪ Passive knee ROM with hip in full extension ▪ Advance knee extension gradually as tolerated to 0° ▪ Gradually add active-assisted knee flexion/hip extension ▪ Hip flexion up to 90 degrees with knee flexed 	<ul style="list-style-type: none"> ▪ Continue quad isometrics/quad sets ▪ Ankle pumps ▪ Begin active-assisted hip abduction ▪ Seated/standing calf raises ▪ Active assisted ROM of hip and knee ▪ Side-lying hip abduction ▪ Upper body strengthening

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<p>Phase 3 (6-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">▪ Return normal ROM▪ Normalize gait▪ Pain free ADLs, therapeutic exercise	<p>Full weightbearing</p> <p>Get rid of crutches if have not already</p>	<ul style="list-style-type: none">▪ Full A/PROM▪ Start gradual active knee flexion▪ active assisted hip extension▪ Continue to protect AGAINST simultaneous knee flexion/hip extension <p>Modalities:</p> <ul style="list-style-type: none">▪ Ice/stim PRN	<ul style="list-style-type: none">▪ Hip abductors/adductor strengthening▪ Continue quad strengthening▪ Incorporate stationary bike with seat high▪ Anti-gravity hamstring curls▪ SLR in all directions▪ Bridges▪ Clamshells▪ Wall slides▪ Half squats▪ Begin walking on uneven surfaces
<p>Phase 4 (12+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">▪ Full ROM▪ Progress back to normal activities	<p>Limited based only on pain and functional ability/strength</p> <p>No brace or crutches</p>	<ul style="list-style-type: none">● Full A/PROM● Continue gradually increasing hamstring stretch and hip/knee flexibility	<ul style="list-style-type: none">▪ Progress abductors/adductors▪ Advance LE strengthening/flexibility▪ Closed chain exercises▪ Progressive resistance exercises▪ Advance core stability▪ 12 weeks: walk/jog progression▪ 16 weeks: progressive running/agility program