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Hamstring Tendon Repair Rehab Protocol

To start 2-4 weeks post op

1-2 x wk for 12+ weeks

Phase 1

- 0-2 weeks: Toe touch weight bearing with crutches in brace if placed post op
- 2-4 weeks: Advance weight bearing to 25-50%
Begin passive ROM of knee and hip. Limit knee extension to brace parameter if present.
- 4 weeks: Gentle active ROM exercises without restriction without brace at PT. Continue brace for ambulation if present.

Phase 2

- 6 weeks: Discontinue brace.
Advance weight bearing to full.
Gait training.
Continue active and passive ROM exercises.
Begin isotonic exercises through limited ROM avoiding terminal flexion and extension.
Begin aquatherapy if available.
Core strengthening.
Closed chain exercises.
- 8 weeks: Advance isotonic strengthening to include full ROM
Begin dynamic training and sports/vocation specific exercises.

Phase 3

- 10 weeks: Initiate dry land jogging.
Isokinetic strength evaluation at 60°/sec, 120°/sec, 180°/sec and compare to contralateral side.
Continue to advance sports/vocation specific exercises.
Return to sport/vocation with 80% return of isokinetic strength compared to contralateral limb (anticipated at 6-9 months post op).