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HAMSTRING REPAIR PROTOCOL

Patient Name: _____ **Date:** _____
Treatment Frequency: 2-3 x week **Duration of Therapy Prescription:** _____

Weeks 1 & 2 (first 10 to 14 days)

- Involve toe-touch weightbearing with crutches.
- Knee brace set to limit extension to no more than 30 degrees.

Weeks 2 to 5

- continued use of the knee brace and 25% weightbearing.
- Passive range of motion of the hip with a therapist begins at 2 weeks,

Weeks 4-6

- Active range of motion begins at 4 weeks.
- At 6 weeks, the brace is discontinued, and the patient is allowed to fully bear weight and begin gait training along with isotonic exercises.
- At 6 weeks, aqua therapy is introduced along with isotonic exercises, core strengthening and closed chain exercises; range of motion is increased with caution for extreme ranges.

Week 8:

- Dynamic training and isometric strengthening begin at 8 weeks after surgery,

Week 10:

- An isometric strength evaluation is performed with the knee at 60 of flexion.

Week 12:

- Sport-specific training and dry land training begin

Week 16:

- A fully isokinetic evaluation is performed at 16 weeks at 60 deg/s, 120 deg/s, and 180 deg/s. These results are compared with the contralateral leg.
- Full return to sport is allowed once the operative leg is 80% of the nonoperative leg on isokinetic testing.

6-10 Months:

- Return to sport after operative treatment, with accomplishment of the above parameters, typically happens between 6 and 10 months.

Please send progress notes.