



# Northern Arizona ORTHOPAEDICS

Outcomes by HOPCo®

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**ORTHOPAEDIC SPORTS MEDICINE**

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## **Post-operative Rehabilitation Protocol**

### **Hamstring Tendon Repair**

#### **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).