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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)