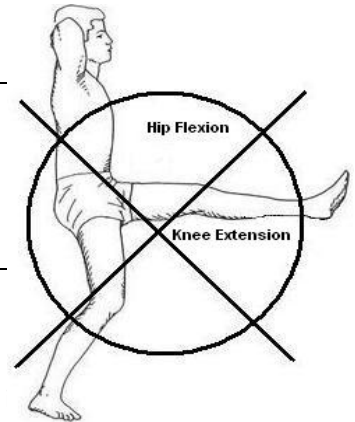


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HAMSTRING REHAB PROTOCOL

MICHAEL GERHARDT M.D.



<u>Week 1 – 2</u>	<ul style="list-style-type: none"> • Rest • Ice • Pain management • Avoid Hip Flexion and Knee Extension (pictured)
<u>Week 3</u>	<ul style="list-style-type: none"> • Start Physical Therapy • Wean from the brace: <ul style="list-style-type: none"> ○ The brace is currently locked at 60° ○ Increase by 10° extension every other day until the knee extended ○ Once you get to full extension, you can discontinue the brace ○ Gentle muscle stim and passive flexion exercises of the knee in prone position in physical therapy
<u>Week 4</u>	<ul style="list-style-type: none"> • Active assisted knee flexion exercises in prone position • Gentle mobilization of the hip under therapist control • Progress isometric exercises of hamstring: <ul style="list-style-type: none"> • Active assist, then active • No resistive exercises • Progress modalities
<u>Week 5</u>	<ul style="list-style-type: none"> • Progress from two crutches to a single crutch, then wean from crutch • Gentle resistive exercises of hamstring • Aggressive modalities, stimulation with therapist • Introduce stationary bike
<u>Week 6</u>	<ul style="list-style-type: none"> • Progress strength exercises • Initiate core exercises • Elliptical as tolerated
<u>Week 7-8</u>	<ul style="list-style-type: none"> • Treadmill and jogging progression • Ball striking • No sprinting and no plyometrics
<u>Week 8-10</u>	<ul style="list-style-type: none"> • Progression in kicking • Increase pace of running and agilities
<u>Week 10-16</u>	<ul style="list-style-type: none"> • Progress to training as soreness allows • Introduce plyometric exercises as tolerated