



*Department of Orthopaedics
& Rehabilitation*

**Gehron Treme MD, Andrew Veitch MD, Dustin Richter MD,
Brandee Black MD, Daniel Wascher MD, Robert Schenck MD**
UNM SPORTS MEDICINE

1213 University Blvd NE, MSC10 5600, 1 University of New Mexico; Albuquerque, NM 87131-0001

Phone: 505-272-2231 Fax: 505-925-4919

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).