



KUNKEL
ORTHOPAEDIC
SPORTS
SURGERY

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Rehabilitation Protocol:

Open Hamstring Tendon Repair

	RANGE OF MOTION	CRUTCHES	THERAPEUTIC EXERCISE
PHASE I 0 - 2 weeks	TDWB. Gentle hip ROM. Avoid hip flexion >90° x 2 weeks. +/- Knee brace to block full extension	TDWB.	No resisted hamstrings. Modalities: heat before, ice after. No active ROM
2 - 6 weeks	May advance hip flexion past 90°. Passive motion, prone: -0 to 3 weeks: 90 - 45 degrees knee flexion -3 to 6 weeks: 90 - 10 degrees Active motion: -0 to 6 weeks: NONE	TDWB.	No resisted hamstrings. Modalities: heat before, ice after. No active ROM
PHASE II 6 – 8 weeks	Begin A/AROM as tolerated.	50% WB x one week. Advance to FWB then wean crutches.	No resisted hamstrings. Modalities: heat before, ice after.
PHASE II 8-12 weeks	Progress to full active motion. Correct deficits.	FWB. No crutches.	Core, hip strengthening.
PHASE III 3-4 months	Full ROM.	None.	Start progressive HS strengthening. Modalities: heat before, ice after.
PHASE IV 4 – 6 months	Full painless motion.	None.	Sport specific training. Return to full activities as tolerated.