

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.	TDWB.	No resisted hamstrings. Modalities: heat before, ice after.
2 - 6 weeks	May advance hip flexion past 90°.	TDWB.	No resisted hamstrings. Modalities: heat before, ice after.
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.