

## Distal Hamstring Tear Excision Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (0-2 weeks)</b>  Goals: <ul style="list-style-type: none"> <li>● Prevent stiffness</li> <li>● Reduce swelling</li> <li>● Early full ROM</li> <li>● Avoid scarring</li> </ul>	No brace  <u>Weightbearing:</u> as tolerated with crutches	<ul style="list-style-type: none"> <li>● Prone hamstring extension</li> <li>● Passive knee ROM to full hyperextension</li> <li>● Achieve 90 degrees flexion by 1 week</li> </ul> Modalities: <ul style="list-style-type: none"> <li>● Cryocuff/Game Ready Compression/ Ice</li> </ul>	<ul style="list-style-type: none"> <li>● Glute sets</li> <li>● Ankle pumps</li> <li>● Quad sets, NMES for biofeedback</li> <li>● Assisted flexion</li> <li>● Theraband leg press</li> <li>● Heel slides</li> <li>● Stationary bike with high seat, low resistance early isometrics</li> </ul>
<b>Phase 2 (2-4 weeks)</b>  Goals: <ul style="list-style-type: none"> <li>● Eliminate swelling</li> <li>● Pain-free full ROM</li> <li>● Normal gait on treadmill</li> <li>● Increase quad and HS strength</li> </ul>	Fully off crutches	Modalities: <ul style="list-style-type: none"> <li>● Patellar mobs</li> <li>● Quad stim for residual weakness</li> </ul>	<ul style="list-style-type: none"> <li>● Gait training with good quad control</li> <li>● Straight leg raises with weight</li> <li>● Isometric quad sets</li> <li>● Prone hangs to full extension</li> <li>● HS curls</li> <li>● Calf strength</li> <li>● Closed chain quad strength (mini squats, weight shiftin)</li> <li>● Single leg balance/proprioception work</li> <li>● Bike progress resistance</li> <li>● Begin walk/jog</li> </ul>
<b>Phase 3 (5+ weeks)</b>  Goals: <ul style="list-style-type: none"> <li>● Pain free ADLs</li> <li>● Normal knee ROM</li> <li>● Normal gait</li> <li>● Return to sport</li> </ul>		Maintain Full A/PROM  Manual: <ul style="list-style-type: none"> <li>● Scar manipulation</li> </ul> Modalities: <ul style="list-style-type: none"> <li>● Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>● Bike, elliptical, stair master</li> <li>● Step ups/lateral step over's- progress to faster pace</li> <li>● Increase perturbation</li> <li>● SLS dynamic surfaces with ball toss</li> <li>● Increase jogging</li> <li>● Change of direction</li> <li>● Sport specific exercises</li> </ul>

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**SPORTS &  
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