

# PHYSICAL THERAPY PRESCRIPTION

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# Keck Medicine of USC

PATIENT STICKER

## HAMSTRING POST-OP PHYSICAL THERAPY PRESCRIPTION

**DATE:** \_\_\_\_\_

**DIAGNOSIS:** S/P Repair right/left Hamstring Tendon Repair

**Modalities:** \_\_\_\_\_

\_\_\_ Initially begin Knee extension by 10 deg / week (with Hip in extension)

\_\_\_ Gradual progression of Hip flexion @ 6 weeks

\_\_\_ Progress Hip flexion with Knee in flexion

\_\_\_ Progress off of Crutches as strength and leg control improve

\_\_\_ Progressive strengthening to start @ 6 weeks

Hamstrings / Hip Adductors / Hip Abductors / Hip Flexors

\_\_\_ **GOAL:** Avoid stress at repair site (Tensile Loads) until 6 weeks post-op

➤ Full Knee extension with Hip in extension at 6 weeks, then begin

Hip flexion

➤ Gradual Hamstring Flexibility after 6-8 weeks post-op

\_\_\_ Modalities prn

**Treatment:** \_\_\_\_\_ **per week**    \_\_\_\_\_ **Home Program**    **Duration:** \_\_\_\_\_

\*\*Please send progress notes

**Physician's Signature:**

**Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, USC**