

PHYSICAL THERAPY PRESCRIPTION

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Keck Medicine
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PATIENT STICKER

PROXIMAL HAMSTRING POST-OP PHYSICAL THERAPY PRESCRIPTION

DATE OF SURGERY: _____

DIAGNOSIS: S/P Repair (LEFT / RIGHT) Proximal Hamstring Tendon to Ischial Tuberosity

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 at weeks, then begin Hip flexion

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

___ Modalities prn

Treatment: _____ times per week ___ Home Program

Duration: _____ weeks

**Please send progress notes.

Physician's Signature: _____

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