

Hamstring Tendinopathy Tenotomy Rehabilitation Protocol			
Phase of Healing	Time Frame	Restrictions	Rehabilitation
Phase 1: Inflammatory	Days 0-5	<ul style="list-style-type: none"> - No use of NSAIDs or ice - Non weight bearing for 4 days with crutches - Day 5: slowly progress to toe touch weight bearing with crutches 	<ul style="list-style-type: none"> - Rest - Acetaminophen as needed for pain - Day 4: begin gentle hip flexion ROM 4 times per day - Use a seat cushion for comfort
Phase 2: Proliferative	Day 6 - Week 2	<ul style="list-style-type: none"> - No use of NSAIDs or ice - Slowly wean off crutches after day 7 - Avoid painful exercises with pain more than 3 out of 10 	<ul style="list-style-type: none"> - Start gentle ROM of the hip, 4 times per day - Begin isometric exercises - Begin straight leg raises and heel slides - Begin core stability exercises
	Weeks 2 - 4	<ul style="list-style-type: none"> - No use of NSAIDs or ice - Avoid painful exercises with pain more than 3 out of 10 	<ul style="list-style-type: none"> - Continue gentle ROM as needed to regain full ROM - Begin strengthening knee flexion and hip extension - Begin hamstring stretching - Begin balance exercises - May begin stationary bike
	Weeks 4 - 6	<ul style="list-style-type: none"> - Avoid painful exercises with pain more than 3 out of 10 	<ul style="list-style-type: none"> - Progressive strengthening exercises - Progress aerobic exercise
Phase 3: Remodeling	Weeks 6+	<ul style="list-style-type: none"> - Activities as tolerated 	<ul style="list-style-type: none"> - Continue strengthening program and progressive loading - Begin sport specific activities
NSAID (Nonsteroidal anti-inflammatory drug); ROM range of motion			