

Non-Operative Hamstring Tendonitis Physical Therapy Protocol/Prescription

Name: _____**Date:** _____**Diagnosis:** _____**Date of Surgery :** _____**Guidelines:**

- Gradual progression of Hip flexion and Knee extension
 - Initially begin Knee extension with Hip in extension
- Progress Hip flexion with Knee in flexion
- Progressive strengthening –
 - Hamstrings / Hip Adductors / Hip Abductors / Hip Flexors
- Flexibility – Hamstrings / Quadriceps / Adductors
- Core Strengthening – Gluteals / Abdominals / Hip
- GOAL - Avoid stress at injury site (Tensile Loads)
- Modalities prn

Comments:**Frequency:** _____ **times per week****Duration:** _____ **weeks****Signature:** _____**Date:** _____