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Physical Therapy Prescription Distal Hamstring Injury

Patient Name:

Date:

Dx: (LEFT / RIGHT) Distal Hamstring (Muscle Tendon Junction) Injury

Modalities as needed for pain control for first 2 weeks

Post injury weeks 0 - 2

- Gradual progression of Hip flexion and Knee extension
Initially begin Knee extension with Hip in extension, progress to hip flexion as pain allows
- Progress Hip flexion with Knee in flexion working towards knee extension
- Progressive strengthening –
Hamstrings - Isometrics / Hip Adductors, Hip Abductors, Hip Flexors
- Mobility of Hamstrings without tissue lengthening
- Core Strengthening – Gluteals / Abdominals / Hip
- GOAL - Avoid stress at injury site (Tensile Loads)
- Modalities prn

Post injury weeks 2 – 6

- Begin to stress hamstring through its full physiological range (2 jointed muscle)
- Begin gentle hamstring eccentrics
- Begin weight shifts with single leg balance, multiple directions of weight shifts
- SL balance
- Begin CKC strength as tolerated
- Begin pool jogging as tolerated
- Continue to progress core strength

Post injury weeks 6 – 12

- Goal of full arc CKC strength with limited pain and discomfort
- Begin running on ground when hamstring stretching is not painful and patient has symmetric eccentric step down
- Plyometrics
- Triple extension exercises for LE with light weight
- Ensure patient has proper firing pattern of LE
- Increase eccentric hamstring loads
- Agility drills progressing from single plane to multi-planar movements
- Return to play testing

Frequency & Duration: (circle one) 1-2 2-3 x/week for _____ weeks

**Please send progress notes.

Physician's Signature: _____ **M.D.**



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