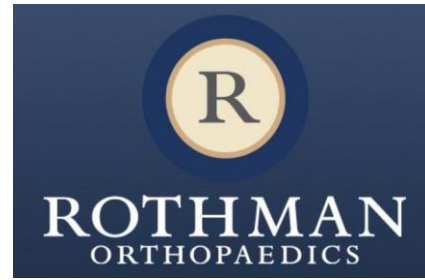


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Non-Operative Hamstring Tendonitis Physical Therapy Protocol/Prescription

Patient Name: _____

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

Evaluate and Treat

Please provide patient with home exercise program

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:

Functional Capacity Evaluation Work Hardening/Work Conditioning Teach HEP

Modalities

Electric Stimulation Ultrasound Iontophoresis Phonophoresis TENS Heat before Ice after Trigger points massage Therapist's discretion

Signature _____ Date _____