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**Physical Therapy Prescription
 Hamstring Injury**

Patient Name: _____

Date: _____

Dx: (LEFT / RIGHT) Hamstring Injury – Mid-Belly

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.**