

REHABILITATION FOLLOWING TENEX OF Hamstring Tendon

This protocol is designed to be a general guideline and can be adjusted with respect to age, size of lesion, overall patient health and history of injury.

IMMEDIATE POST PROCEDURE – INFLAMMATORY PHASE (Week 1 – 2)

Goals: Protect healing tissue
Decrease pain
Inhibit muscular atrophy
Protect injection site – allow healing

NO ICE/NSAIDs (Motrin/Alleve/Ibuprofen/Naproxen/Advil, etc.) x 2 weeks. Tylenol is OK.

Day 1-7:

Range of Motion: Pain free ROM. 0-90 deg of motion

Exercises:

Gastroc / soleus/ hamstring stretching with strap
Quad/hamstring sets- NMES to quads
Straight leg raises 4 way, no resistance to SLR flexion
Clamshells
Heel slides for ROM, pain free
Straight leg double leg bridge

Avoidance program: excessive compression, deep squatting, carrying heavy loads, long leg sitting

PROLIFERATION PHASE (Week 2 – 3)

Goals: Gradual increase to full AROM
Promote healing of tissue
Regain and improve muscular strength
Gradually increase applied stress

Day 8-21:

Range of Motion: Progressive increase in pain free ROM. Should be full by week 4.

Ambulation: Assistive device use per physician. Limit walking to pain free duration

Exercises: Continue previous exercises- add resistance
Gait Training- Cone/Hurdle walking
Hamstring curls

Core Stabilization Program
Planks, Side Planks, Bridges
Wall squats (0 – 60) **Week 3**
Leg Press/Shuttle Press- Double and Single Leg **Week 3**
Forward Step ups **Week 3**
Lateral step downs **Week 3**
Mini Band Walks **Week 3**
Proprioception drills
Progress to single leg bent knee bridge

Hydrotherapy Program-
Wounds must be fully healed
Pool Program- gait, squats, cycling, etc...

MATURATION PHASE (Week 4 – 6)

Goals:

Maintain full knee ROM
Minimal to no swelling/inflammation
Increase strength, power and endurance for gradual return to sport specific activities

Exercises: Progress exercises from first 4 weeks as tolerated
Dynamic Warm-up
Forward lunges-short range
Lateral lunges
Advance Proprioception drills
Stair stepper, Elliptical, Bike for Cardio
RDL's
Work on symmetrical squat pattern- progressive increase of load

ADVANCE STRENGTHENING (Week 6 – Beyond)

Criteria to entering next phase

- Full non painful ROM
- Strength within 5-10% of contralateral side
- Satisfactory functional assessment- **FMS, Y-balance test**
- Satisfactory clinical exam

Goals: Continue to increase strength, power and endurance of lower extremity musculature
Gradual increase to sport activities

Week 6 - Beyond:

Exercises: Progress exercises from light activity phase
Treadmill jogging as tolerated (MD may advise sooner)
Plyometric drills