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Hamstring Tendon Repair

WEEK 0 - 8

Brace locked at 90° flexion when ambulating
Scooter for 6 weeks to ambulate
Brace at 70° for sleep

WEEK 1

Gentle active extension to 45°
Passive flexion

WEEK 2

Gentle active extension to 15°
Passive flexion

WEEK 4

Gentle active extension to 0°
Passive flexion

WEEK 6

Start no resistance strait leg raises
Patellar mobilizations
Passive and active extension to 0°
Begin WBAT, slowly wean from crutches

WEEK 8

Active flexion

WEEK 12

Begin strengthening hamstrings