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PROXIMAL HAMSTRING TENDON REPAIR

<u>WEEK 0 - 8</u>	Brace locked at 90° flexion when ambulating Scooter for 6 weeks to ambulate Brace at 70° for sleep
<u>WEEK 1</u>	Gentle active extension to 45° Passive flexion
<u>WEEK 2</u>	Gentle active extension to 15° Passive flexion
<u>WEEK 4</u>	Gentle active extension to 0° Passive flexion
<u>WEEK 6</u>	Start no resistance strait leg raises Patellar mobilizations Passive and active extension to 0° Begin WBAT, slowly wean from crutches
<u>WEEK 8</u>	Active flexion
<u>WEEK 12</u>	Begin strengthening hamstrings