

Dr. Thomas X. Nguyen's Hamstring Repair Rehab Protocol

- 2-4 weeks: Wear hinged-knee brace locked in extension. Toe touch weight bearing on crutches. Passive hip range of motion begins with a therapist.
- 4-6 weeks: partial weight bearing (25%) on crutches. Active hip flexion begins.
- 6 weeks: full weight bearing with crutches as needed. Knee brace extends to neutral. Isotonic strengthening.
- 8 weeks: remove brace and crutches. Isokinetic strengthening begins. Aqua therapy initiated with progressing of core pelvic and closed chain exercises.
- 12 weeks: dry land training and sport-specific training
- 6-9 months: return to full sports