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## Physical Therapy Prescription Distal Hamstring Injury

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Dx: ( LEFT / RIGHT ) Distal Hamstring (Muscle Tendon Junction) Injury**

**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.**



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