

# PHYSICAL THERAPY PRESCRIPTION

**FRANK A. PETRIGLIANO, MD**

ORTHOPAEDIC SURGERY AND SPORTS MEDICINE  
UCLA DEPARTMENT OF ORTHOPAEDIC SURGERY  
310.319.1234 APPT  
310.825.2126 OFFICE  
310.825.1311 FAX  
CA License: A90515



## HAMSTRING POST-OP PHYSICAL THERAPY PRESCRIPTION

**Date:**

**Dx: s/p Repair right/left Hamstring Tendon Repair**

**Modalities:**

- Initially begin Knee extension by 10 deg / week (with Hip in extension)
- Gradual progression of Hip flexion @ 6 weeks
- Progress Hip flexion with Knee in flexion
- Progress off of Crutches as strength and leg control improve
- Progressive strengthening to start @ 6 weeks
  - Hamstrings / Hip Adductors / Hip Abductors / Hip Flexors
- GOAL - Avoid stress at repair site (Tensile Loads) until 6 weeks post-op
  - Full Knee extension with Hip in extension at 6 weeks, then begin Hip flexion
  - Gradual Hamstring Flexibility after 6-8 weeks post-op
- Modalities prn

**Treatment: 2 times per week    X Home Program    Duration: 6-8 weeks**

\*\*Please send progress notes.

A handwritten signature in black ink, appearing to read "Frank A. Petrigliano".

**Physician's Signature:**

**Frank A. Petrigliano, MD, Attending Orthopaedic Surgeon, UCLA**