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Patient Name:

Date:

**Knee Rehabilitation:
Distal Hamstring Muscle/ Tendon Injury**

- Gradual progression of Hip flexion and Knee extension
 - Initially begin Knee extension with Hip in extension
- Progress Hip flexion with Knee in flexion
- Progressive strengthening –
 - Hamstrings / Hip Adductors / Hip Abductors / Hip Flexors
- Flexibility – Hamstrings / Quadriceps / Adductors
- Core Strengthening – Gluteals / Abdominals / Hip
- GOAL - Avoid stress at injury site (Tensile Loads)
- Modalities prn

Please send progress notes.

Physician's Signature: _____
Gregory Galano, MD