



Ultrasound-Guided Lipogems/PRP/Tenex Protocol: Hamstring Tendon

TIME	GOALS	PRECAUTIONS/RESTRICTIONS	TREATMENT
Week 1	• Protect affected site • May return to work the following day as tolerated • Maintain healthy diet	• No use of NSAIDs or ice for 4 weeks • No weight bearing for 4 days, TTWB using crutches until day 7	• Rest • Begin gentle ROM to increase hip flexion • Use a seat cushion for comfort
Week 2	• Reduce pain and swelling • Focus on range of motion	• No use of NSAIDs or ice for 4 weeks • Wean off of crutches • No eccentric strengthening	• Continue AROM and PROM • Begin isometrics • Begin SLR's and heel slides • Incorporate core stability exercises • May use pool once wound has healed • Discontinue exercise if pain becomes >4/10
Weeks 3-6	• No pain or swelling • Full, active ROM • Focus on building strength	• No use of NSAIDs or ice for 4 weeks • No eccentric strengthening	• Continue active ROM as needed • Progressive strengthening • Begin gentle hamstring stretching • Begin active knee flexion and hip extension strengthening • Begin balance exercises • Discontinue exercise if pain becomes >4/10
Weeks 6-12	• No pain or swelling • Focus on Increase strength, return to sport • Maintain healthy diet	• Activities as tolerated	• Continue strengthening exercises • Begin sport specific exercises • May begin soft tissue work with and without tools • Discontinue exercise if pain becomes >4/10

Although post-procedure care will be tailored to fit your individual needs, following guidelines are designed to help you and your physical therapist after the procedure.