

## Quadriceps/Hamstring Strain

**\*\*DISCLAIMER:** Total length of rehab will vary depending upon the following factors: severity or acuteness of injury, age, health, or personal goals of the patient.

*Patient can be progressed through phases of protocol more rapidly than time frames given, as tolerated.*

### **Phase I: 0 – 3 weeks**

#### **Goals for Phase I:**

1. Normal gait
  2. Swelling and pain control
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- A. Gait training: Use crutches as needed, progress to full weight bearing within 2 weeks
  - B. ROM/Flexibility: Work to restore normal flexibilities (hamstring, quads, hip muscles, calf muscles)
  - C. Strengthening: Begin with isometrics and open chain activities; progress with weights, theraband and weight-bearing activities as tolerated
  - D. Modalities: Pain, inflammation, swelling control, and muscle re-education as needed

### **Phase II: 3 – 6 weeks**

#### **Goals for Phase II:**

1. Normal ROM
  2. Good strength
  3. Begin work/sports activities
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- A. ROM: Continue ROM/stretching as needed
  - B. Strength: More aggressive PRE's, weights, single leg activities etc.
  - C. Balance/Proprioception: Single leg stance activities, balance beam, BAPs board etc.
  - D. Conditioning: Bike, treadmill, stairmaster
  - E. Functional activities: sports/work related activities as tolerated

### **Phase III: 6 weeks to release**

#### **Goals for Phase III:**

1. Normal strength
  2. Return to work/sports
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- A. Continue strengthening/conditioning/functional activities as needed