

**Hamstring Strain
Post Injection Protocol
Dr. Jeffrey Witty**

Notes:

- Maintain athlete fitness level and other muscle group strength/endurance while protecting hamstring and progressing through protocol below.

Immediately after injection – 72 hrs:

- Relative rest
- Crutches as needed for normal gait
- Ice and compression for soreness
- Tylenol / acetaminophen for pain
- No NSAIDs (for 6 weeks from time of injection)

Phase II: (Starting day 4)

- Restore normal and pain free hip ROM without resistance other than gravity
- Progress stretching program avoiding pain
- Restore normal gait pattern
- Begin isometrics against light resistance

Phase III:

- Begin once normal ROM and isometrics without pain
- Begin strengthening
 - o Start “Extender” exercise (see Dr. Witty non-op hamstring protocol: <https://www.drjeffreywitty.com/pdf/hamstring-strain-tear-non-operative-protocol-new.pdf>)
 - o Start other low weight hamstring resistance without pain

Phase IV:

- Begin Phase IV when Phase III pain-free (athlete symptoms determine speed of progression)
- Continue phase III
- Begin “Nordic” hamstring exercise starting with more upright and progressing as symptoms allow (no pain)
- Begin the “Diver” and progress to the “Glider” if no pain
- Progress hamstring resistance exercise with goal to normalize strength