



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

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.

Time	Goals	Precautions/Restrictions	Treatment
Week 1	<ul style="list-style-type: none">• Protect affected site• May return to work the following day as tolerated• Maintain healthy diet	<ul style="list-style-type: none">• No use of NSAIDs or ice for 4 weeks• No weight bearing for 4 days, TTWB using crutches until day 7	<ul style="list-style-type: none">• Rest• Begin gentle ROM to increase hip flexion• Use a seat cushion for comfort
Week 2	<ul style="list-style-type: none">• Reduce pain and swelling• Focus on range of motion	<ul style="list-style-type: none">• No use of NSAIDs or ice for 4 weeks• Wean off of crutches• No eccentric strengthening	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• No pain or swelling• Full, active ROM• Focus on building strength	<ul style="list-style-type: none">• No use of NSAIDs or ice for 4 weeks• No eccentric strengthening	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• No pain or swelling• Focus on Increase strength, return to sport• Maintain healthy diet	<ul style="list-style-type: none">• Activities as tolerated	<ul style="list-style-type: none">• Continue strengthening exercises• Begin sport specific exercises• May begin soft tissue work with and without tools• Discontinue exercise if pain becomes >4/10