

Rehabilitation Information Form (Group 2)

Project title: PHARRLAP Study

Name of Researchers: Dr Randeep Aujla, Dr Steven Cecchi, Dr Antony, Raymond, Dr Shahbaz Malik, Dr Jay Ebert, Dr Brendan Ricciardo, Dr Peter Annear, Dr Pete D'Alessandro

Dear Physiotherapist,

Thank you for kindly seeing this patient who is enrolled in a randomized controlled trial to assess traditional versus dynamic rehabilitation regimes following surgical repair of a proximal hamstring tendon avulsion.

This information sheet is for your information regarding how we recommend this patient should be rehabilitated, advocated by the treating and referring orthopaedic surgeon.

STAGE ONE: 0-6 weeks

Phase	Weeks	Weight bearing (WB) status	Orthosis	Movement/Rehabilitation Overview
Protective	0-1	Full as pain allows	Nil	Isometric quadriceps/gluteal exercises; minimal mobilisation with crutches to prevent falls; No long strides/uneven ground walking.
Early	2			Single leg standing; isometric hamstring exercises permitted; squat to 30° knee flexion.
	3			As above; add standing knee curls and standing knee lifts.
	4	Full		As above; walking in swimming pool/AlterG.
	5-6			Stationary bike once comfortable and hip flexion to 70° combined with knee flexion to 90° is achieved.

STAGE TWO: 7-16 weeks

Phase	Weeks	Weight bearing (WB) status	Orthosis	Movement/Rehabilitation Overview
<i>Progressive</i>	7-8			Focus on flexibility, single leg balance, neuromuscular control; isometric hamstring exercises in prone; squat to 90° knee flexion.
<i>Strength</i>	9-12			Stationary jogging; single leg bridges; eccentric hamstring training permitted; progressive closed chain exercises once limb control returns and pain is minimal.
<i>Sport Specific</i>	13+			No limitations. Return to sport assessment needed prior to returning to contact sport.

Further information and who to contact

If you would like to participate or discuss any aspect of this study please feel free to contact **Dr Jay Ebert on 08 9386 9961** or **Dr Peter D'Alessandro on 08 9230 6333**.

Sincerely,
The Study Team

Approval to conduct this research has been provided by the University of Western Australia, in accordance with its ethics review and approval procedures. Any person considering participation in this research project, or agreeing to participate, may raise any questions or issues with the researchers at any time. In addition, any person not satisfied with the response of researchers may raise ethics issues or concerns, and may make any complaints about this research project by contacting the Human Ethics office at UWA on (08) 6488 4703 or by emailing to humanethics@uwa.edu.au. All research participants are entitled to retain a copy of any Participant Information Form and/or Participant Consent Form relating to this research project.