

## Proximal Hamstring Repair Rehab Protocol

Dr. Erickson

Time Frame	Treatment	Goals
Phase I (Day of surgery – 6 weeks after surgery)	<ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ Ambulate with crutches</li> <li>○ Limit weight bearing to toe touch weight bearing for first 2 weeks after surgery</li> <li>○ Weeks 3-4 progress to 50% weight bearing</li> <li>○ Weeks 5-6: weight bear as tolerated with weaning from crutches</li> <li>○ Hinged knee brace locked at 30 degrees with ambulation</li> <li>○ Bend knee to 90 degrees when sitting</li> <li>○ Avoid hip flexion coupled with knee extension</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Quad sets</li> <li>○ Ankle pumps</li> <li>○ Passive knee ROM with no hip flexion</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Protect the repair</li> <li>• Progression Criteria: 6 weeks after surgery</li> </ul>
Phase II (6-12 weeks after surgery)	<ul style="list-style-type: none"> <li>• Precautions:               <ul style="list-style-type: none"> <li>○ No forced stretching</li> <li>○ No impact activities</li> <li>○ No ROM restrictions</li> </ul> </li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Stationary bike</li> <li>○ Standing hip abduction</li> <li>○ Begin gentle hamstring strengthening</li> <li>○ Balance</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Normalize gait with WBAT</li> <li>• Progression Criteria: 12 weeks after surgery</li> </ul>
Phase III (12 weeks after surgery)	<ul style="list-style-type: none"> <li>• No pain during strength training.</li> <li>• Suggested Exercise:               <ul style="list-style-type: none"> <li>○ Strengthening</li> <li>○ Balance</li> <li>○ Work in impact exercises gradually</li> <li>○ Work in sport specific activities based on progression</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Improve muscular strength and endurance</li> <li>• Begin higher level activities and impact training.</li> </ul>