

PROXIMAL HAMSTRING REPAIR PROTOCOL

General Guidelines:

****The following serves as a set of guidelines as developed by the physical therapy staff and physicians at Spectrum Orthopaedics. These may need to be modified given the surgical procedure, patient progression, or overall goals of the patient. Please consult with your physician if you have questions.**

- NWB in brace locked at 60 degrees of flexion for 4 weeks
- Avoid hip flexion coupled with knee extension for 6 weeks
- No resisted CKC hamstring exercise until 8 weeks
- No unilateral resistive hamstring activity until 12 weeks
- Full return to activity at 4-6 months based on progression and clearance from MD
- Sitting as tolerated, may benefit from donut cushion early on

Return to Recreational Activity Guidelines:

- Stationary Cycling 8 weeks
- Outdoor Cycling 12 weeks
- Swimming 12 weeks
- Upper Extremity Swimming (legs blocked) 6 weeks
- Running 16 weeks

Post-op

0-4 Weeks: Protection of Repair and Pain Control

1. NWB brace locked in 60 degrees of flexion
2. No hip flexion with knee extension

Cleared Exercise:

- Ankle Pumps
- Abdominal Bracing
- Quad Sets
- Scar Mobilization
- PROM to Knee
- UBE

4-6 Weeks: Weight Bearing Progression

1. No hip flexion with knee extension
2. TDWB – wean from crutches
3. Transition out of brace when hamstring flexibility is minimally restricted when compared to the unaffected limb

Cleared Exercises:

- Hamstring Sets
- Heel Slides
- Emphasis on gait re-education
- Aquatic therapy can include light CKC loading
- Hip Abduction
- Light Double Limb Balance

6-8 Weeks: Gait and Balance

1. WBAT
2. Introduction of higher range CKC loading
3. Single limb balance

Cleared Exercises:

- Step Ups and Downs
- High Range Squatting
- High Range Lunges
- Single Limb Balance
- Aquatic therapy can include upper body pulling, legs blocked

8-12 Weeks: Gait, Gentle Strengthening, and Balance

1. Avoid Ballistic Stretching
2. Avoid loading hip in deep flexion
3. No impact/running

Cleared Exercise:

- Stationary Bike
- Higher level balance/proprioception training in single limb
- Bridging
- Standing leg extension
- Physioball curls
- Deadlift progressions

12-16 Weeks: Dynamic/Single leg strength

1. Pain-free strength training in OKC, CKC, and isolated single limb
2. Patient must have minimal post-activity soreness
3. Slow progression to dynamic loading including introduction of sport specific movements

Cleared Exercise:

- Outdoor Cycling
- Swimming
- Physioball curls

16-24 Weeks: Transition to Sport

****Begin only when cleared by MD****

1. Progression of dynamic loading
2. Plyometric additions
3. Agility additions
4. Return to Run

Cleared Exercise:

- Running
- Advanced strength training including heavier resistance
- Agility Training
- Plyometrics
- Return to Sport Drills