

## Proximal Hamstring Repair Postop Protocol

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
<b>Weeks 0-6</b> PT 1-2x/week HEP daily	Protect tendon repair Pain Control Swelling reduction Wound Observation Modalities	50% WB x 2wks with knee brace locked in full extension when ambulating  Progress WBAT at 2 wks with knee brace in extension, 1 crutch  Knee flexed to 90 degrees when seated in chair. No hip flexion > 90. Avoid combined hip flexion and knee extension  No active hamstring contraction	Supine HS extension isometrics with knee extended OK  Quad Sets, Ankle Pumps, Core Isometrics  Prone passive ROM knee with hip extended  Prone AAROM starting 4wks postop
<b>Weeks 6-12</b> PT 2-3x/week HEP daily	Normalize Gait  Control and no pain with functional movements  Return to ADLs  Work on single leg balance, partial lunge	Avoid Dynamic stretching  Avoid loading the hip at deep flexion angles  Do not exceed 45° hip flexion during partial lunge	Active/Passive ROM, Gait training  Stationary bike with seat elevated Single leg balance  Heel slides, standing hip extension, clamshells, quarter squats bilateral, DL bridge  8wks+: Begin strengthening with isometric and concentric hamstring sets,
<b>Weeks 12+</b> PT 2x/week HEP daily	Functional movements without unloading affected leg  Limb control and no pain with sport and work specific movements	Avoid impact  No pain with strength training	Continue hamstring strengthening and advance towards lengthened hamstring positioning, step up/downs  Increase standing concentric and Begin eccentric strengthening with single leg forward leans, double leg bridging, single leg bridge lowering  Low impact cardio
<b>4-5 month+</b> PT 1x/wk HEP daily	Increase mobility and function including sport specific	No pain during pain or impact activity  Defer run progression until single leg control, 8" step down test negative  Return to sport when <10% side to side deficit on Biodex, typically 6-9 months	Begin run progression / plyometric work  Continue strengthening including higher velocity hamstring positioning, eccentric, single leg dead lifts  Impact control with 2 leg → 1 leg landing  Ensure dynamic neuromuscular control with sport activities