

PROXIMAL HAMSTRING Repair PT Protocol

Phase I: 1-6 weeks (no formal PT until 4 weeks post op)

Rehabilitation goals:

Protection of the repair tendon, pain control.

Weightbearing protocol:

Use axillary crutches for up to 6 weeks. Postoperative weeks 0–4 weeks: NWB

4-6 weeks: PWB (50%)

6+ weeks: WBAT, wean from crutches

Brace:

Hinged knee brace locked at 30 degrees while sleeping or ambulating; 90 degrees when sitting

Precautions:

Avoid hip flexion coupled with knee extension. Avoid unsafe surfaces environments to reduce the risk of falling.

Suggested therapeutic exercises:

Quad sets.

Ankle pumps.

Abdominal isometrics.

Passive knee range of motion (ROM) with no hip flexion during knee extension.

Postoperative week 4:

Hip abduction, Hip extension

Scar mobilization.

Cardiovascular exercise:

Upper body circuit training her upper body ergometer (UBE)

Progression criteria:

6 weeks postoperative

Phase II: 6-12 weeks post op

Rehabilitation goals:

Postoperative weeks 6:

Discontinue brace.

Normalize gait.

Good control and no pain with functional movements (including step up/step down, squat, partial lunge (do not exceed 75 degrees knee flexion))

Precautions:

Avoid dynamic stretching.
Avoid loading the hip at deep flexion angles.
No impact or running

Suggested therapeutic exercises:

Nonimpact balance and proprioceptive drills-beginning with double leg and gradually progressing to single leg movements.

Stationary bike. Gait training. Begin hamstring strengthening by avoidance of length and hamstring position (i.e. hip flexion combined with knee extension) by working up extension and knee flexion movements separately.

Begin with isometric and concentric strengthening with hamstring sets, heel slides, double leg bridge, standing leg extensions, and physal ball curls.
Hip and core strengthening.

Cardiovascular exercises:

Upper body circuit training her upper body ergometer (UBE).

Progression criteria:

Normalize gait on all surfaces.
Ability to carry out functional movements without loading the affected leg.
Demonstrating good control of single-leg balance greater than 15 seconds.
Normal (5/5) hamstring strength in prone position with the knee in a position of at least 90 degrees knee flexion.

Phase III: 12-16 weeks post op**Rehabilitation goals:**

Good control and no pain with sports & specific demands, including impact movements.

Precautions:

No pain during strength, flexion