

## Postoperative Rehabilitation Protocol for Proximal Hamstring Repair

*\*Physical Therapy should be started within a week after surgery*

### Phase 1: Postoperative weeks 0-2

- Goals
  - Protect repair
  - Emphasis on compliance to home exercise program and weight bearing precautions
- Precautions / Restrictions
  - Weight bearing
    - Toe touch weight bearing with crutches
    - Brace may be removed for hygiene and therapy
    - Avoid ambulation without brace for first 6 weeks
  - Brace
    - Knee brace locked in 30 degrees extension to protect repair
    - Okay to use knee flexion as tolerated with extension block to 30 degrees in place
- Range of Motion
  - No active knee flexion or hip extension
  - Passive knee ROM with no hip flexion during knee extension
  - Passive hip flexion up to 60 degrees with knee in flexion
  - **Protect against simultaneous knee extension and hip flexion**
- Strengthening
  - Quad sets
  - Ankle pumps
  - Abdominal isometrics
- Modalities PRN

### Phase 2: Postoperative weeks 2-6

- Goals
  - Control pain and inflammation
  - Gentle scar massage once incision has completely healed (usually ~4weeks) for desensitization
- Precautions / Restrictions
  - 50% weight-bearing with crutches
  - Knee brace locked in 30 degrees flexion during ambulation
  - Okay to otherwise unlock brace
- Range of Motion
  - Prone passive knee ROM with hip in full extension
  - Advance knee extension gradually as tolerated until 0 degrees is achieved
  - Gradually add active-assisted knee flexion/hip extension
  - Hip flexion up to 90 degrees with knee in flexion
  - Active-assisted hip abduction
- Strengthening

- Focus on active-assisted ROM of hip and knee
- Standing calf raises
- Side-lying hip abduction
- Can do upper body strength training

### Phase 3: Postoperative weeks 6-12

- Goals
  - Pain-free with ADLs, therapeutic exercises
- Precautions / Restrictions
  - Wean off crutches over a 2-week period to progress to WBAT
  - Wean from knee brace as tolerated
- Range of Motion
  - Start gradual active knee flexion
  - Active-assisted hip extension. Advance to full active hip extension as tolerated
  - Continue to protect against simultaneous knee extension and hip flexion
- Strengthening
  - Start to work on hip abductors / adductors
  - Continue quad strengthening
  - Start incorporating stationary bike with seat high
  - Antigravity hamstring curls
  - SLR, bridges, clam shells, wall slides, half squats (can use wall for stabilization)

### Phase 4: Postoperative weeks 12+

- Goals
  - Work towards normalizing gait
- Range of Motion
  - Maintain full ROM
- Strengthening
  - Gradually progress strengthening of hip abductors / adductors
  - Continue to advance LE strengthening and flexibility
  - Advance close chain exercises: bilateral leg to single leg
  - Advance core stability and strength
  - Focus on gait normalization
  - Walk progression on even surface with gradual increase in speed & distance
  - At 16 weeks: can begin walk-jog progression
  - At 20 weeks: can start progressive running / speed / agility program