

**Andrew Zogby, MD**

Orthopaedic Surgeon, Sports Medicine Specialist

332 Santa Fe Drive, Suite 110

Encinitas, CA 92024

azogby@coreorthopaedic.com

(760) 943-6700

**Proximal Hamstring Repair Rehabilitation**

**Rehabilitation Precautions:**

* Avoid end-range hamstring stretching x 12 weeks
* Avoid aggressive passive stretching x 12 weeks

**Phase I (0-6 weeks)**

\* Touch down weight bearing for the first 2 weeks with crutches at all times

\* Weeks 2-4: Partial Weight

\* Weeks 4-6: Weight as tolerated with crutches

 \* Knee ROM can start at 2 weeks - NO active flexion of the knee until 6 weeks.

\* Avoid hip flexion coupled with knee extension

Exercises:

* + Isometric quad sets in full extension
	+ Ankle pumps
	+ Abdominal isometrics
	+ Hip isometrics (\*No isometric hamstring sets until 12 weeks\*)
	+ Passive and/or active-assisted heel slides

Cardio: UBE

Scar mobilization

**Phase II (6 weeks)**

 \* Begin exercise bike and closed kinetic chain exercises at 6 weeks

* Balance/proprioception training (start in double leg progressing to single leg)
* Gait training
* CKC exercises (once walking with good control): step-ups, squats, partial lunges (do not exceed 60 degrees knee flexion)
* Hamstring strengthening:
	+ Avoid knee extension coupled with hip flexion initially (work hip extension and knee flexion separately)
	+ Active-assisted/active heel slides, swiss ball hamstring curls
* Hip strengthening (standing hip extension, sidelying hip abduction, clamshells)

**Phase III (12 weeks)**

* Cardio: bike, elliptical, stairmaster, swimming
* Hamstring Strengthening:
	+ Hamstring sets
	+ Bridging (start with double leg)
* Gradually progress eccentric strengthening:
	+ Single leg bridge lowering
	+ Single leg forward leans
	+ Prone foot catches
* Continue to progress hip/core strengthening

 \* Return to running at 3-4 months

 \* Return to full sports 4-5 months

Please send progress notes.