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**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.