

Proximal Hamstring Repair Rehabilitation Protocol
Dr. Preston Wolin – Center for Athletic Medicine, LTD

Phase I (week 1 to 4)

- TTWB for 2 weeks post op; 25% WB at 2 weeks and increasing 25% per week until off crutches at week 5-6; Discontinue brace post-op week 4
- Gentle PROM, starting post op week 2 (avoid hip flexion with knee extension!!) – not to exceed 45 degrees hip flexion
- Exercises: ankle pumps, glut squeezes, quad sets, transverse abdominal, hip abd submaximal isometrics
- NO active knee flexion against gravity or hip extension exercises.
- Light desensitization massage to incision and posterior hip

Phase II (week 4-8)

- Initiate gentle AROM at week 4
- Side lying hip abduction exercise at week 4
- Stationary bike at 6 weeks - if patient able to achieve 90 deg hip flexion
- Begin balance training approximately 6 weeks post op: bilateral to unilateral
- Aquatic walking and ROM
- Gradually advance with PROM
- Closed chain exercises with limited ROM starting at post op week 6-8 such as mini squats, lateral walking, etc.
- Begin hamstring strengthening at post op week 6-8 – begin gradually (hamstring sets, double leg bridges, heel slides, standing leg extensions, Swissball curls) and progress

Phase III (week 8-12)

- See strengthening as per phase II – more advanced exercises start at 12 weeks post op.
- Strength evaluation at 10 weeks-isometric mode only at 60 degree of knee flexion

Phase IV (week 12-24)

- Begin elliptical
- Gentle hamstring stretching as needed
- At 3 months begin more advanced hamstring strengthening (such as curls with no resistance progressing to resisted curls and strengthening in more lengthened positions / eccentric control)
- Begin dry land jogging / running
- Sport specific activities
- Full return to sporting activities at 6-9 months

Abbreviations: TTWB, toe-touch weight bearing; WB, weight bearing; ROM, range of motion; PROM; passive range of motion; AROM, active range of motion

Please call office at 773-248-4150 with any questions or concerns regarding patient progress / protocol