# **Complete Proximal Hamstring Repair**



# Phase I: Protection and mobility (0-6 weeks)

#### Goals:

- Protect integrity of surgically repaired tissue
- Reduce pain and inflammation
- Prevent muscle inhibition
- Restore range of motion

#### **Restrictions:**

- Immobilization for 4 weeks in knee brace
  - Brace locked between 45-90° of flexion for the first 2 weeks.
  - Increase by 15° of extension in 3<sup>rd</sup> week (30-90°), and increase by another 15° in the 4<sup>th</sup> week (0-90°)
  - Discontinue brace after 4 weeks.
- Weightbearing:
  - o Non-weightbearing for 2 weeks
  - o Then toe touch weightbearing for 4 weeks
  - o Gradually wean off crutches over 2 weeks:
    - Days 1-2: 25% of body weight
    - Days 3-4: 50% of body weight
    - Days 5-6: 75% of body weight, remove 1 crutch
    - Days 7: 100% of body weight, continue 1 crutch
    - Do not progress if you experience pain or pinching
    - Continue with 1 crutch until gait is normal and pain-free
- ROM:
  - o No simultaneous hip flexion and knee extension (hamstring stretch)
  - o By week 2, begin PROM for hip and knee in a comfortable range
- Therapy:
  - o No pool therapy until incisions are healed (3 weeks)
  - No resistance on bikes
  - o No active knee flexion, or hip extension for 6 weeks
  - No trunk flexion for 6 weeks

#### **Treatment:**

- Manual therapy as needed
- Avoid incision until week 3
- Ankle pumps
- Passive ROM hip IR, ER, flexion with knee flexed, and abduction.
- Pelvic tilting exercises
- Quad sets, glute and core isometrics
  - No Hamstring sets!

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## Criteria to progress to next phase:

• Minimal pain, and inflammation

# Phase II: Early strength (Week 7-12)

### Goals:

- Protect integrity of surgically repaired tissue
- Restore full ROM
- Restore gait
- Begin strengthening

### **Restrictions:**

- Avoid loading the hip in deep hip flexion angles
- Avoid strengthening in terminal ROM
- No impact, no running
- No dynamic stretching

### **Treatment:**

- PROM hip flexion with bent knee, and knee extensions
- Gait training
- Stationary bike, no resistance
- Begin hip strengthening in limited ROM, avoid terminal range of extension or lengthened hamstring positions
  - Begin with isometric hamstring sets and progress to basic concentric exercises
- Core stability and pelvic tilting exercises

### Criteria to progress:

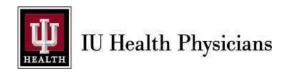
- Normal and pain-free gait
- Good single leg balance
- Good hamstring strength
- Ability to carry out basic functional movements with good control and minimal pain

# Phase III: Advanced strength (12 weeks+)

#### Goals:

- Good control and no pain with sports specific movements
- Begin running progression

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### **Restrictions:**

• No ballistic or forced stretching

### **Treatments:**

- Progressing lower extremity and core strength
- Progress dynamic balance
- No sprinting until 4 months

## Criteria to progress:

- Hamstring strength ≥ 80% uninvolved
- Full ROM pain-free
- Good control with no pain on dynamic neuromuscular activity

# Phase IV: Return to sport (Varies between 6-9 months)

### Goals:

• Return to sports pain-free

#### **Restrictions:**

• No sprinting until 4 months

#### **Treatments:**

- Single-leg strengthening
- Progressing lower extremity and core strength
- Initiate lower extremity plyometrics and power exercises
- Progress dynamic balance
- Sport specific exercises and drills

## Criteria to return to sport:

- Dr. Everhart's clearance
- Hamstring strength ≥90% of uninvolved
- Completion of functional testing, pain free