

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 3rd week (30-90°), and increase by another 15° in the 4th week (0-90°)
 - Discontinue brace after 4 weeks.
- Weightbearing:
 - Non-weightbearing for 2 weeks
 - Then toe touch weightbearing for 4 weeks
 - 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:
 - No simultaneous hip flexion and knee extension (hamstring stretch)
 - By week 2, begin PROM for hip and knee in a comfortable range
- Therapy:
 - No pool therapy until incisions are healed (3 weeks)
 - No resistance on bikes
 - 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!

Complete Proximal Hamstring Repair



IU Health Physicians

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

Complete Proximal Hamstring Repair



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 $\geq 80\%$ 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 $\geq 90\%$ of uninvolved
- Completion of functional testing, pain free