

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:

- Weight bearing
 - You will be 50% weight bearing with crutches for 3 weeks.
 - Afterwards, you will be weight bearing as tolerated
- 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!

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 hamstring

Restrictions:

- Avoid loading the hip in deep hip flexion angles
- Avoid strength exercises 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
- Gluteus maximus strengthening – concentric
- Begin 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

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

Restrictions:

- No ballistic or forced stretching

Treatments:

- Progressing lower extremity and core strength
- Begin eccentric hamstring strengthening
- 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 3-9 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