

Orthopedic Associates of Hartford, P.C.

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Post-Operative Rehabilitation Protocol:

Proximal Hamstring Repair

PHASE I – MAXIMUM PROTECTION PHASE (WEEKS 0-4)

GOALS: Diminish pain/inflammation, controlled ROM, prevent stress to hamstrings

I. Immediate Post-Operative to Week 2:

A. General:

- * Brace locked at 60 degrees. May remove for shower/bathing.
- * Avoid excessive hip flexion
- * Avoid prolonged sitting
- * Cryotherapy unit or ice 20 minutes/hour

B. Weight Bearing:

- * Touch down weight bearing with crutches

C. Physical Therapy

- * hold on physical therapy until week 3 post op

II. Week 2-4

A. General:

- Brace set at 30-90 degrees
- Avoid prolonged sitting
- Avoid combined hip flexion with knee extension

B. Weight Bearing

- Touch down with crutches

C. Physical Therapy

- Begin at week 3
- Core strengthening
- PROM- knee in prone
- Scar mobilization
- Ankle pumps

II. Weeks 4-6:

A. General:

- * Brace set at 30-90 degrees
- * Avoid prolonged sitting

B. Weight Bearing:

- * Touch down weight bearing with crutches

C. Range of Motion:

- * Hip ROM with knee flexed at 90
- * no active hamstring use
- * Knee PROM in supine and prone

D. Treatment / Exercises:

- * Continue above treatment
- * Active hip ROM

PHASE II – MODERATE PROTECTION PHASE (WEEKS 6-12)

GOALS: Full ROM, restore normal gait pattern

- ✓ Hip flexion ROM 0-90 degrees
- ✓ Minimal scar tenderness
- ✓ Minimal pain/swelling

III. Weeks 6-12:

A. General:

- * Discontinue brace
- * Avoid combined hip flexion with knee extension

B. Weight Bearing:

- * WBAT
- * Wean from crutches

C. Range of Motion Goals:

- * Progress to full active/passive ROM of knee
- * Hip ROM 0-90 and may slowly progress beyond as tolerated

D. Treatment / Exercises:

- * Continue previous treatment / exercises
- * AROM knee flexion
- * Unilateral stance exercises
- * gentle hamstring stretching

PHASE III – ADVANCED PHASE (MONTHS 3-4)

GOALS: Improve neuromuscular control, enhance strength/endurance.

Enter Phase III if:

- ✓ Full painless ROM
- ✓ No pain/tenderness
- ✓ Satisfactory clinical exam

IV. Months 3-4:

A. General:

- * As above

B. Weight Bearing:

- * WBAT without assistive device

C. Range of Motion Goals:

- * Progress to full active/passive ROM

D. Treatment / Exercises:

- * Continue previous treatment / exercises
- * Hamstring stretching and PREs
- * Squats
- * Initiate slow running program

PHASE IV – RETURN TO FULL ACTIVITY PHASE (MONTHS 4-6)

GOALS: Gradual return to full activity.

Enter Phase IV if:

- ✓ Full painless ROM
- ✓ No pain/tenderness
- ✓ Strength at least 90% of unaffected limb
- ✓ Satisfactory clinical exam

V. Months 4-6:

A., B., C. As Above

D. Treatment / Exercises:

- * Continue previous treatment / exercises
- * Sport-specific training
- * Eccentric hamstring strengthening
- * Return to full unrestricted pivoting activity at 6 months and with MD approval

*** Addendum**

This protocol provides general rehabilitation guidelines following Proximal Hamstring Repair. It is subject to modification depending on the extent and pattern of the injury as well as your individual progress post-operatively. For any questions, please call my office at 860-244-1017.