

Proximal Hamstring Repair

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-2 PT 1-2x/week HEP daily	Protect Repair Edema and pain control Promote independence	NWB Brace set 30-90 Lock brace for sleep and ambulation Knee flexion at 90 degrees while sitting No active knee flexion	Quad sets/SLR Calf pumps Abdominal isometrics Passive knee ROM with no hip flexion during knee extension (full knee extension in PT only)
Weeks 2-6 PT 1-2x/week HEP daily	Full passive extension Edema and pain control Promote independence	NWB Brace set 30-120 Lock brace for sleep and ambulation Knee flexion at 90 degrees while sitting No active knee flexion	All above exercises Hip abduction Hip extension Balance exercises Scar mobilizations when appropriate healing present
Weeks 6-12 PT 2-3x/week HEP daily	Full ROM Normal gait pattern Pain free functional movements (good balance and without unloading involved leg) Normal hamstring strength with prone testing and knee at 90° flexion	Begin progression to WBAT May discontinue brace Avoid loading the hip in deeper flexion Avoid descending stairs reciprocally Avoid painful activities No running Avoid combined knee extension and hip flexion positions when beginning hamstring strengthening	Continue above exercises Mini squats, partial lunges Proprioception training Initiate step-up program Hip and core strengthening Isometric and concentric hamstring strengthening: (Hamstring sets, Heel slides, Double leg bridge, Standing leg extensions)
Weeks 12-20 PT 2-3x/week HEP daily	Return to normal ADLs Improve endurance Descend 8" step with control 85% limb symmetry Improve strength/flexibility Dynamic neuromuscular control with multi-plane activities at low to medium velocity without pain or swelling	WBAT Avoid painful activities Can begin to perform hamstring strengthening from extended positions No running until: Strength >70% contralateral No agility training until: Strength >90% contralateral No sprinting or jumping	Continue and advance above Begin eccentric hamstring strengthening: (single leg forward leans, single leg bridge lowering, prone foot catches, assisted Nordic curls) Cardiovascular: (Biking, Elliptical machine, Stairmaster, Swimming, Deep water running) May begin running progression when appropriate

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<p>Weeks 20+ PT 1x/week HEP daily</p>	<p>No apprehension with sport specific movements</p> <p>Maximize strength and flexibility to meet sporting demands</p> <p>Return to Sport Criteria: -Dynamic neuromuscular control with multi-plane activities at high velocity - Strength >90% contralateral hamstring on Biodex testing at 60°/s and 240°/s - Symmetry > 90% contralateral on functional testing</p>	<p>WBAT Avoid painful activities</p> <p>No RTP until: Passes RTP evaluation MD clearance</p>	<p>Continue and advance above</p> <p>Begin high demand activity training and sport specific drills</p>
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