



Dr. Mathew Taylor'S PROXIMAL HAMSTRING REPAIR PROTOCOL

- 0-2 WEEKS
 - Toe touch weight bearing with crutches/walker
 - May have hip ORIF to limit active hip flexion
 - May have knee brace to limit full knee extension
- 2-4 WEEKS (**Some exercises may be delayed if knee brace to limit extension)
 - PWB 50% w/crutches/walker
 - Quad sets
 - Ankle pumps
 - S/L hip abduction
 - Gentle hip/knee PROM (avoid lengthened hamstring position)
 - Supine hip flexion (knee in flexion) to 45 degrees
 - Prone hip extension (knee in flexion) to tolerance
 - Prone knee flexion PROM to tolerance
 - Initiate scar massage once incision closed/healed
- 4-6 WEEKS (**Some exercises may be delayed if knee brace to limit extension)
 - Gradually progress post op knee brace to full extension per surgeon
 - WBAT with 2 crutches
 - Supine SLR to 30 degrees hip flexion max
 - SAQ with hip flexion angle below 30 degrees
 - Continue with existing exercises and PROM
 - May progress hip flexion PROM to 60 degrees as tolerated
 - May add hip ABD PROM to tolerance below 30 degrees hip flexion
- 6 WEEKS
 - Brace should be locked in full knee extension
 - Progressive WBAT to FWB progressing from 2 to 1 crutch to cane to no assistive device as gait normalizes as tolerated
 - Stationary bike at appropriate seat height to avoid excessive hip flexion and lengthened hamstring position of full knee extension
 - Supine SLR t 45 degrees
 - Standing calf raises
 - Standing theraband TKE
 - Submax hamstring isometrics multi-angle avoiding lengthened hamstring position
 - Supine abdominal brace
- 7 WEEKS
 - May begin to gradually unlock brace to allow knee flexion during gait
 - Progress to 30-45 degrees knee flexion and eventually D/C brace per surgeon recommendations

8 WEEKS

- Supine abdominal brace with mid-range knee flexion heel slide/bent knee lift
- May begin isotonic strength
- Standing hip extension
- Standing hip abduction
- Standing hip gluteus medius (hip ext/ABD) at 45 degrees
- Single leg stance
- Mid-range double leg knee flexion isotonic
- Stand mid-range knee flexion
- Prone hip extension
- Mid-range supine physioball double leg curls (No bridge and avoid lengthened hamstring position)
- Isokinetic strength if available
- 10 WEEKS
 - Closed chain strength
 - Mini squat/wall slide
 - Double leg bridge
 - Step ups
 - Lunges (limit knee flexion angle to 60 degrees)
 - Aquatic therapy may be initiated
 - Supine physioball bridge and hamstring curl
 - Clamshell
- 12 WEEKS
 - Gentle hamstring stretching
 - Progress to HS strengthening in lengthened position
 - Elliptical/Stairmaster
 - Eccentric strength in closed chain
 - Single leg bridge lower
 - Double leg hip hinge/dead lift
 - Progress to single leg as able
- 16-24 WEEKS
 - Jogging
 - Plyometrics
 - Progress strength, eccentric, proprioception, plyometrics
 - Progress to sport specific drills once cleared by surgeon
- 5-8 MONTHS
 - Possible return to full sport participation