

REHABILITATION GUIDELINES FOR PROXIMAL HAMSTRING TENDON REPAIR

PHASE I (0-6 WEEKS)

DATES:

Appointments	<ul style="list-style-type: none"> MD follow up at 10-14 days post-op Begin physical therapy 4-5 days post-op, 2-3x/week
Rehabilitation Goals	<ul style="list-style-type: none"> Pain control Protection of repair Slow progress of hip ROM
Precautions	<ul style="list-style-type: none"> Touch Down Weight Bearing x 1 week with crutches PWB 50% x 2-6 weeks with crutches Hip ROM 0-45° x 1-2 weeks, 0-60 degrees 2-3 weeks, 0-90 degrees 3-6 weeks (all pain free) Knee ROM restrictions with brace locked in slight flexion will be stated by MD on case by case status seen in POC in operative report. No active HS contraction, No active hip extension x 6 weeks No hip flexion with knee extension x 6 weeks
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> Quad sets, ankle pumps, active assisted hip and knee flexion/extension limit hip flex to 90 x 6 weeks Gait training in pool 2-6 weeks once incisions are fully healed SAQ, Standing and SLY hip abduction, calf raises
Progression Criteria	<ul style="list-style-type: none"> Pain free hip flexion to 90°

PHASE II (6-12 WEEKS)

DATES:

Appointments	Continue physical therapy 2x/week
Rehabilitation Goals	<ul style="list-style-type: none"> Normalize gait pattern Pain free functional movements

Precautions	<ul style="list-style-type: none"> • Progress to full weight bearing by week 8 • No dynamic stretching • No impact or running
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • AROM hip and knee flexion, HS curls and hip extension in antigravity • Progress to weighted HS curls concentric/eccentric at week 10, increasing by 1lb per week up to 5lb • Bridging, SLR anterior/posterior, clamshell, partial squats, double leg deadlift • Balance and proprioception
Cardiovascular Exercises	<ul style="list-style-type: none"> • UBE • Stationary bike • Progressive slow walking on level surfaces with increasing distance/time
Progression Criteria	<ul style="list-style-type: none"> • Gait with no compensation on level surfaces • Full hip and knee PROM all directions

PHASE IV (12-24 WEEKS)

DATES:

Appointments	Continue physical therapy 1-2x/week
Rehabilitation Goals	<ul style="list-style-type: none"> • Full AROM hip and knee • Begin CKC single leg exercises
Precautions	<ul style="list-style-type: none"> • Pain free strength training
Suggested Therapeutic Exercises	<ul style="list-style-type: none"> • Gentle HS stretching- active (the extender) and passive • Bridge, single leg squat, single leg inverted hamstring curl/deadlift, walking forward/backward lunges • Slow progression of agility, impact and plyometric x 24 weeks
Cardiovascular Exercises	<ul style="list-style-type: none"> • Walking progression on level surfaces with gradual increase in speed/endurance • Stationary bike progress to road biking on level surfaces

	<ul style="list-style-type: none"> • Swimming with kick • Progress walk to running with speed and agility during weeks 16-24, no sprinting until after 20 weeks. • Jump training only after 24 weeks
Progression Criteria	<ul style="list-style-type: none"> • Pain free walk/running with good mechanics, and no compensation • Negative Askling-H hamstring test, tie your shoe test

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