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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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