

# PROXIMAL HAMSTRING REPAIR PHYSICAL THERAPY PROTOCOL

## 0-4 weeks post op

- 2 to 3 visit every week, everyday home program with goals
- Crutches continued in for 4 weeks
- Toe-touch weightbearing for first 14 days
- Advance to 25% weight-bearing at 2 weeks
- Advance to 50% weight-bearing at 3-4 weeks
- Begin passive range of motion of knee and hip at 2 weeks
- Modalities as needed

## 4 week – 8 weeks post op

- Begin gentle Active ROM of knee and hip
- Advance to full weightbearing at 5 weeks
- Progress PROM and AROM
- Normal gait training
- Aqua therapy is initiated
- Isotonic exercises are begun within a limited ROM avoiding the terminal ranges of motion.
- Core pelvic strength training and closed chain exercises are also initiated.
- Brace is discontinued at 6 weeks

## 8 to 12 weeks post op

- At 8 weeks after surgery, isotonic strength training is progressed and dynamic training is advanced.
- An isometric strength evaluation at 60 degrees of knee flexion is performed at 10 weeks
- The final phase of rehabilitation consists of the initiation of dry land jogging after 10 weeks.
- A full isokinetic evaluation is performed at 60 degrees, 120 degrees, and 180 degrees/second and compared to the non-operative side after 12 weeks.
- Sports specific activities are continued and return to sporting activity is allowed when isokinetic testing is 80% of the unaffected side, typically between 6 and 9 months

## Criteria for Return to Sports / Full Activities

- Full functional range of motion
- Minimal pain or tenderness
- Satisfactory strength and endurance
- Satisfactory clinical examination