

Postoperative Rehabilitation Protocol for Proximal Hamstring Repair



Dr. MacLean

Physical therapy should be started within a few days after surgery

Phase 1: Postoperative weeks 0-2

GOALS

- Protect repair
- Emphasis on compliance to home exercise program and weight bearing precautions

PRECAUTIONS/RESTRICTIONS

- Weight bearing
 - Toe touch weight bearing with crutches
 - Brace may be removed for hygiene and therapy
 - Avoid ambulation without brace for first 6 weeks
- Brace
 - Knee brace locked in 30 degrees extension to protect repair
 - Okay to use knee flexion as tolerated with extension block to 30 degrees in place

RANGE OF MOTION

- No active knee flexion or hip extension
- Passive knee ROM with no hip flexion during knee extension
- Passive hip flexion up to 60 degrees with knee in flexion
- **Protect against simultaneous knee extension and hip flexion**

STRENGTHENING

- Quad sets
- Ankle pumps
- Abdominal isometrics

MODALITIES PRN

Phase 2: Postoperative weeks 2-6

GOALS

- Control pain and inflammation
- Gentle scar massage once incision has completely healed (usually ~ 4 weeks) for desensitization

PRECAUTIONS/RESTRICTIONS

- 50% weight-bearing with crutches
- Knee brace locked in 30 degrees flexion during ambulation
- Okay to otherwise unlock brace

RANGE OF MOTION

- Prone passive knee ROM with hip in full extension
- Advance knee extension gradually as tolerated until 0 degrees is achieved
- Gradually add active-assisted knee flexion/hip extension
- Hip flexion up to 90 degrees with knee in flexion
- Active-assisted hip abduction

STRENGTHENING

- Focus on active-assisted ROM of hip and knee
- Standing calf raises
- Side-lying hip abduction
- Can do upper body strength training

If you have any problems or questions, please call your doctor's office (8am-5pm).

Answering service for after hours.

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Phase 3: Postoperative weeks 6-12

GOALS

- Pain-free with ADLs, therapeutic exercises

PRECAUTIONS/RESTRICTIONS

- Wean off crutches over a 2-week period to progress to WBAT
- Wean from knee brace as tolerated

RANGE OF MOTION

- Start gradual active knee flexion
- Active-assisted hip extension. Advance to full active hip extension as tolerated
- Continue to protect against simultaneous knee extension and hip flexion

STRENGTHENING

- Start to work on hip abductors/adductors
- Continue quad strengthening
- Start incorporating stationary bike with seat high
- Antigravity hamstring curls
- SLR, bridges, clam shells, wall slides, half squats (can use wall for stabilization)

Phase 4: Postoperative weeks 12+

GOALS

- Work towards normalizing gait

RANGE OF MOTION

- Maintain full ROM

STRENGTHENING

- Gradually progress strengthening of hip abductors/adductors
 - Continue to advance LE strengthening and flexibility
 - Advance close chain exercises: bilateral leg to single leg
 - Advance core stability and strength
 - Focus on gait normalization
 - Walk progression on even surface with gradual increase in speed & distance
 - At 16 weeks: can begin walk-jog progression
- At 20 weeks: can start progressive running/speed/agility program