

Rehabilitation Protocol for Proximal Hamstring Repair



Dr. Feinstein

	GOALS	BRACE	ROM	EXERCISES	PRECAUTIONS
PHASE I 0-2 WEEKS	<ul style="list-style-type: none"> Protect repaired tissue Restore ROM within guidelines Decrease pain & inflammation 	<ul style="list-style-type: none"> Limit hip flexion to 45° in brace Brace at all times except hygiene & ROM 	<ul style="list-style-type: none"> Passive hip & knee flexion Limit hip flexion to 60° 	<ul style="list-style-type: none"> Peri-incisional manual therapy, myofascial release Stretching Ankle pumps, quad sets, glut sets 	<ul style="list-style-type: none"> Toe-touch weightbearing with crutches No hamstring stretching Avoid hip flexion with knee extension
PHASE II 2-6 WEEKS	<ul style="list-style-type: none"> Decrease pain & inflammation Pain-free functional movements Encourage muscle control 	<ul style="list-style-type: none"> Limit hip flexion to 60° in brace Gradually increase hip flexion in brace to 90° by week 6 	<ul style="list-style-type: none"> Passive hip & knee flexion Active-assisted hip & knee flexion at 4 weeks Limit hip flexion to 90° 	<ul style="list-style-type: none"> Manual trigger point release Stretching Gluteal, hip abduction strengthening, abdominal bracing 	<ul style="list-style-type: none"> 50% partial weightbearing with crutches No hamstring stretching Avoid hip flexion with knee extension No active hip extension No fast walking
PHASE III 6-12 WEEKS	<ul style="list-style-type: none"> Progression to full ROM Normalize gait Improve muscular control & strength Increase proprioception & kinesthesia 	<ul style="list-style-type: none"> Unlocked for 2 weeks Discontinue brace at 8 weeks 	<ul style="list-style-type: none"> Progressive active hip & knee flexion Initiate gentle hamstring stretching 	<ul style="list-style-type: none"> Gluteal, core, quad strengthening Hamstring curls antigravity, hip extension antigravity Stationary bike, elliptical, progressive walking 	<ul style="list-style-type: none"> Full weightbearing, wean off crutches Full ROM before initiating strengthening No aggressive stretching No running
PHASE IV 3-4 MONTHS	<ul style="list-style-type: none"> Full ROM Improved strength, muscular control, power, endurance Dynamic stability 	None	Full	<ul style="list-style-type: none"> Double leg strengthening Single leg closed chain exercises Progress to single leg strengthening Walk progression (time, speed, distance) 	No running, sprinting
PHASE V 4-5 MONTHS	Gradual return to recreational activities	None	Full	<ul style="list-style-type: none"> Progressive strengthening Running progression 	Avoid sprinting & jump training until 5 months

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*If you have any problems or questions, please call your doctor's office (8am-5pm).
Answering service for after hours.*

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