



**NEWTON-WELLESLEY
SPORTS MEDICINE**

Keep doing what you love



**MASSACHUSETTS
GENERAL HOSPITAL**

Sports Medicine

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REHABILITATION PROTOCOL: Proximal Hamstring Repair

I. PHASE 1 – Immediate Postoperative Phase “Protected Phase” (Week 0 – 6)

Precautions:

Postoperative brace with hip flexion limit of 45 degrees.
Brace must be worn at all times with the exception of exercise activity and bathing
Must sleep in brace

Goals: Allow healing of repaired tendon
Initiate early protected and restricted ROM
Retard muscular atrophy
Decrease pain and inflammation

Week 0 – 2

- TDWB with crutches
- BRACE for _4_- _6_ weeks
- Sleep in BRACE for _4_- _6_ weeks
- Cryotherapy: ice before and after exercises for 20 min. Ice up to 20 min every hour to control pain and swelling.

Exercises:

- Quad sets
- Active assisted and passive hip and knee flexion
- Ankle pumps
- Passive ROM limit of 60 degrees

Week 2 – 6

- PWB with crutches – 50%
- BRACE for _4_- _6_ weeks
- Sleep in BRACE for _4_- _6_ weeks
- Cryotherapy: ice before and after exercises for 20 min. Ice up to 20 min every hour to control pain and swelling.
- Increase brace hip flexion to 60 degrees at 4 weeks and 90 degrees at 6 weeks

Exercises:

- Quad sets
- Active assisted and passive hip and knee flexion
- Ankle pumps
- Passive ROM limit of 90 degrees
- Side lying hip abduction
- Standing calf raises



II. PHASE II - INTERMEDIATE PHASE (WEEK 6 – 12)

Goals: Gradually re-establish range of motion
Normalize arthrokinematics
Increase strength
Improve neuromuscular control
Enhance proprioception and kinesthesia

Week 6 – 12

- Progressive wean crutches to Full Weight Bearing
- Discontinue brace 6-8 weeks
- Progressive active hip and knee flexion
- Stationary bike

Strengthening Exercises:

- Antigravity Hamstring curls
- Antigravity hip extension

Week 10 – 12

Continue all exercise listed before
Initiate

- Ankle weight PRE
- SLR
- Wall Slides
- Partial body weight squats

III. PHASE III – DYNAMIC STRENGTHENING PHASE (WEEK 13 – 20)

Goals: Maintain/progress to full ROM
Improve strength/power/endurance
Improve neuromuscular control
Enhance dynamic stability

Week 13-20

Exercises

- Gentle Hamstring Stretching
- Single leg closed chain exercises
- increasing speed and distance on level surface

Week 16 – 20

Continue all exercise listed above
Emphasis on gradual return to recreational activities

Criteria to Progress to Phase IV

- Full ROM
- No pain/tenderness
- Satisfactory clinical exam
- Satisfactory isokinetic test
- Walk to jog progression



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IV. PHASE IV - RETURN TO ACTIVITY (WEEK 21 – 28)

Goals: Progressively increase activities to prepare patient for unrestricted functional return

Exercises:

- Continue isotonic strengthening exercises outline in phase III
- Continue ROM exercises
- Progressive run / speed / agility activities
- Jump training after 22-24 weeks