

PROXIMAL HAMSTRING REPAIR – ACUTE

Name: _____

Diagnosis: _____

Date of Surgery: _____

Frequency: 1 2 3 4 times / week Duration: 1 2 3 4 5 6 Weeks

____Weeks 0-6:

- Non-weight bearing on crutches
- Knee brace/ROM settings – PROM only
 - Weeks 0-2 – 60 degrees to full flexion
 - Weeks 2-4 – 30 degrees to full flexion
 - Weeks 4-6 – open ROM
- Avoid greater than 90 degrees of hip flexion
- Quad sets, ankle pumps, abdominal isometrics

____Weeks 6-8

- D/c brace and transition from partial to full weight bearing by week 8
- Progress knee and hip ROM
 - Full PROM → AAROM → AROM without restrictions
- Gait training, stationary bike

____Weeks 8-12

- Begin hamstring strengthening
 - Work hip extension and knee flexion moments separately → begin with isometric and concentric strengthening with hamstring sets, heel slides, double leg bridge, standing leg extensions, and physioball curls
- Hip and core strengthening

____Months 3-4

- Continue hamstring strengthening – progress with strengthening in lengthened position/eccentric strengthening
- Impact/movement control exercises (low velocity single plane → higher velocity multi-plane)
- Beginning running drills, but no sprinting till 4 months
- Bike, elliptical, stairmaster, swimming

____Months 4-6

- Running/sprinting drills
- Sports specific movement and RTP evaluation

Signature _____

Date: _____