

### PROXIMAL HAMSTRING REPAIR – CHRONIC/ALLOGRAFT

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 – 90 degrees to full flexion
  - Weeks 2-4 – 60 degrees to full flexion
  - Weeks 4-6 – 30 degrees to full flexion
- 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

- Achieve full ROM
- Co-contraction/closed chain with minimal force (i.e. lunges to 45 degrees)
- Non-impact balance and proprioception – start double leg and progress to single leg

\_\_\_\_Months 3-4

- 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

\_\_\_\_Months 4-6

- Hip and core strengtheningContinue 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 6 months
- Bike, elliptical, stairmaster, swimming

\_\_\_\_Months 6+

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

Signature \_\_\_\_\_

Date: \_\_\_\_\_