

KNEEbraska

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PROXIMAL HAMSTRING REPAIR REHABILITATION PROTOCOL

PHASE/GOALS	IMMOBILIZATION	ROM	EXERCISES
PHASE I 0-2 weeks Protect repair Control edema Avoid sitting at 90 degrees Avoid hip flexion with knee extension	TTWB x 2 weeks Knee brace: 60 degrees(locked) Worn all times including sleep.	Knee PROM 40-90 degrees Avoid active knee flexion x 6 weeks Hip PROM (-15 to 60 degrees) NO hip flexion > 60 degrees	Gait training with crutches Calf pumps Glutes and Transverse Abs isometrics Edema control
PHASE II 3-4 weeks Protect repair Advance knee PROM Avoid hip flexion with knee extension	20 lb foot flat WB weeks 3 & 4	Knee PROM 30-120 degrees Hip PROM (-15 to 60 degrees) No hip flexion > 60 degrees No active hip extension	Continue with above Begin quad sets, SAQ Maintain hip flexion < 60 degrees Sidelying hip abduction Scar massage
PHASE III 5-6 weeks Protect repair Advance hip ROM Painfree 50% WB	Advance to 50% WB D/C brace @ 6 weeks	Knee PROM as tolerated Advance hip flexion to 90 degrees as tolerated No active hip extension	Continue with above Stand calf raises TKE (closed chain) Sidelying clams, glute medius strengthening

PHASE IV 7-8 weeks Normalize gait Return to ADLs	FWB @ 6 -7 weeks	Full PROM Begin AROM knee and hip Avoid combined knee extension and hip flexion until 12 weeks	Stationary bike (no resistance) Stairmaster Standing hamstring curls
PHASE V 9-12 weeks Early strengthening, endurance work	FWB	Full Avoid combined knee extension and hip flexion until 12 weeks	Initiate hamstring isometrics Prone and standing hamstring curls Supine bridges Elliptical
PHASE VI 13-16 weeks Strengthening Return to sport progression Work hardening	FWB	Full Begin endrange /terminal hamstring stretching	Advance isotonic strength and closed chain strengthening Walk to jog program Light plyometrics Sport-specific drills w/ surgeon ok Begin work hardening
PHASE VII Weeks 17+ Full, unrestricted activities Return to sport/work	FWB	Full Advance hamstring stretching as tolerated	Progress to eccentric hamstring strengthening Isokinetic & functional hop tests

Return to sport criteria:

- Surgeon ok
- Functional hop testing > 90 % opposite side
- No increase in symptoms with sport specific progression

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 Proximal Hamstring Repair Rehabilitation Protocol