



### Post-operative Rehabilitation Protocol

#### Proximal Hamstring Repair

#### Phase 1 (0-2 weeks post op):

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Protect repair</li> <li>• Control post-operative pain, inflammation, and swelling</li> <li>• Emphasis on compliance to HEP and WB precautions/restrictions</li> </ul>
<b>Brace/Precautions/ Crutch Use</b>	<ul style="list-style-type: none"> <li>• Weight bearing:               <ul style="list-style-type: none"> <li>○ Toe touch weight-bearing with crutches</li> <li>○ Brace may be removed for hygiene and therapy</li> <li>○ Avoid ambulation without brace for first 6 weeks</li> </ul> </li> <li>• Brace:               <ul style="list-style-type: none"> <li>○ Knee brace locked in 30° extension to protect repair</li> <li>○ Okay to use knee flexion as tolerated with extension block to 30° in place</li> </ul> </li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• No active knee flexion or hip extension               <ul style="list-style-type: none"> <li>○ Passive knee ROM with no hip flexion during knee extension</li> </ul> </li> <li>• Passive hip flexion up to 60° with knee in flexion</li> <li>• Be sure to protect against simultaneous knee flexion and hip extension</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Quad sets</li> <li>• Ankle pumps</li> <li>• Abdominal isometrics</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Keep surgical dressings clean and dry</li> <li>• Change surgical bandages on the 2<sup>nd</sup> day after surgery (keep covered until first clinic visit)</li> <li>• Avoid getting sutures wet until at least 5 days after surgery (do not scrub, soak, or submerge the incisions)</li> <li>• Note DVT (blood clot) prophylaxis medications provided by your surgeon to take following surgery – follow those instructions carefully</li> </ul>

#### Phase 2 (2-6 weeks post op):

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Control pain and inflammation</li> <li>• Promote healing</li> <li>• Gentle scar massage for desensitization</li> </ul>
<b>Brace/Precautions/ Crutch Use</b>	<ul style="list-style-type: none"> <li>• 50% weight-bearing with crutches</li> <li>• Knee brace locked in 30° extension during ambulation               <ul style="list-style-type: none"> <li>○ Okay to unlock brace</li> </ul> </li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Prone passive knee ROM with hip in full extension               <ul style="list-style-type: none"> <li>○ Advance knee extension gradually as tolerated until 0° is achieved</li> </ul> </li> <li>• Gradually add active-assisted knee flexion/hip extension</li> <li>• Hip flexion up to 90° with knee in flexion</li> <li>• Active-assisted hip abduction</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Continue as above</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Restore normal activities of daily living</li> </ul>

<b>Suggested Exercises</b>	<ul style="list-style-type: none"> <li>• Continue Phase 1 exercises as appropriate</li> <li>• Focus on active-assisted ROM of hip and knee</li> <li>• Standing calf raises</li> <li>• Side-lying hip abduction</li> <li>• Can do upper body strength training</li> </ul>
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### **Phase 3 (6-12 weeks post-op):**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Pain-free with ADLs, therapeutic exercise</li> <li>• Local edema control</li> <li>• Work on regaining full ROM</li> </ul>
<b>Precautions</b>	<ul style="list-style-type: none"> <li>• Wean off of crutches over 2 week period to progress to weight-bearing as tolerated</li> <li>• Wean from knee brace as tolerated</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Start gradual active knee flexion</li> <li>• Active-assisted hip extension – advance to full active hip extension as tolerated <ul style="list-style-type: none"> <li>◦ Continue to protect against simultaneous knee flexion and hip extension</li> </ul> </li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Start to work on hip abductors/adductors</li> <li>• Continue quad strengthening</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Restore normal activities of daily living</li> <li>• Progress slow walking on level surfaces</li> </ul>
<b>Suggested Exercises</b>	<ul style="list-style-type: none"> <li>• Continue from phase 2</li> <li>• Start incorporating stationary bike with seat high</li> <li>• Antigravity hamstring curls</li> <li>• SLR</li> <li>• Bridges</li> <li>• Clam shells</li> <li>• Wall slides</li> <li>• Half squats <ul style="list-style-type: none"> <li>◦ Can use wall for stabilization</li> </ul> </li> </ul>

### **Phase 4: after 12 weeks post-op**

<b>Goals</b>	<ul style="list-style-type: none"> <li>• Full range of motion</li> <li>• Work towards normalizing gait</li> </ul>
<b>Precautions</b>	<ul style="list-style-type: none"> <li>• Pain with therapeutic exercise &amp; functional activities</li> <li>• Inadequate strength, functional strength, ROM, flexibility, fitness when returning to sport</li> </ul>
<b>Range of Motion</b>	<ul style="list-style-type: none"> <li>• Maintain full ROM</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Gradually progress strengthening of hip abductors/adductors</li> <li>• Continue to advance LE strengthening and flexibility</li> <li>• Advance core stability and strength</li> </ul>
<b>Home Instructions</b>	<ul style="list-style-type: none"> <li>• Maintain normal activities of daily living</li> </ul>
<b>Suggested Exercises</b>	<ul style="list-style-type: none"> <li>• Continue to advance LE strengthening, flexibility</li> <li>• Focus on gait normalization</li> <li>• Closed chain exercises – bilateral leg to single leg</li> <li>• Advance core stability</li> <li>• Walk progression on even surface with gradual increase in speed distance <ul style="list-style-type: none"> <li>◦ At 16 weeks, can begin walk-to-jog progression</li> <li>◦ At 20 weeks, start progressive running/speed/agility program</li> </ul> </li> </ul>