

PROXIMAL HAMSTRING TENDON REPAIR – REHAB PROTOCOL

- ▶ avoid hip flexion coupled with knee extension
- ▶ hip brace orthosis & knee flexion protected to avoid stress on tendon repair
- ▶ use crutches to weight bear for 6 weeks – may begin ambulating immediately post-op

PHASES & TIME LINES	REHABILITATION GUIDELINES	GOALS
Phase 1 0-6 weeks	<ul style="list-style-type: none"> ▶ axillary crutches for first 6 weeks ▶ hip brace orthosis to protect from hip flexion until week 6 ▶ week 0-2 : toe touch weight bearing ▶ week 2-4 : 25-50% weight bearing ▶ week 4-6 : 50-100% weight bearing ▶ quad sets, ankle pumps, abdominal isometrics ▶ passive knee ROM with no hip flexion during knee extension ▶ hip abduction, hip extension, and balance exercises ▶ gentle active ROM of hip and knee begun at week 4 ▶ functional electrical stimulation (for quads control, as needed) ▶ modalities for inflammation as needed 	<ul style="list-style-type: none"> ▶ passive ROM ▶ pain control ▶ protection of tendons
Phase 2 6-12 weeks	<ul style="list-style-type: none"> ▶ avoid dynamic stretching, avoid loading of hip at deep flexion angles ▶ remove hip & knee bracing ▶ stationary bike ▶ gait training, no impact or running ▶ begin hamstring lengthening, work hip extension & knee flexion moments separately - start with isometric and concentric strengthening with hamstring sets - heel slides, double leg bridge, standing leg extensions ▶ hip & core strengthening 	<ul style="list-style-type: none"> ▶ active & passive ROM ▶ normalize gait
Phase 3 12-16 weeks	<ul style="list-style-type: none"> ▶ continue hamstring strengthening to include in lengthened position ▶ proprioceptive exercises (start bilaterally and progress to unilateral) ▶ impact control exercises & movement control exercises beginning with low velocity, single plane activities, progressing to higher velocity, multi plane ▶ biking, elliptical, stair master, pool deep water running ▶ attain near full 5/5 strength of hamstring muscle testing ▶ sport/work specific balance & proprioceptive drills ▶ stretching for patient specific muscle imbalances 	<ul style="list-style-type: none"> ▶ hip strength near full

Sources:

1. University of Wisconsin Sports Medicine. Rehabilitation Guidelines Following Proximal Hamstring Primary Repair
2. Sherry MA, Best TM. A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. J Orthop Sports Phys Ther: Mar 2004;34(3):116-125.
3. Cohen S, Bradley J. Acute Proximal Hamstring Rupture. J Am Acad Orthop Surg 2007;15:350-355.

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