

Distal Hamstring Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p>Phase 1 (0-2 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Protect repair ● Prevent muscle atrophy ● Control post-op inflammation 	<p><u>Brace:</u> locked at 60 degrees of flexion</p> <p><u>Weightbearing:</u> touchdown x 2 weeks</p>	<ul style="list-style-type: none"> ● May passively flex knee ● Avoid hip flexion beyond 90 degrees ● Avoid resisted knee flexion <p>Modalities:</p> <ul style="list-style-type: none"> ● Cryocuff/Game Ready Compression/ Ice 	<ul style="list-style-type: none"> ● Glute sets ● Ankle pumps ● Sidelying straight leg raises
<p>Phase 2 (2-6 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Eliminate swelling ● Slowly extend knee ● Regain pain-free ROM ● Full ROM 	<p>Hinged knee brace 45-120 week 3</p> <p>Then 30-120 week 4</p> <p>Then fully unlocked afterwards</p>	<ul style="list-style-type: none"> ● Begin AROM after week 4 <p>Modalities:</p> <ul style="list-style-type: none"> ● Gentle prone hamstring stretch ● Prone hangs ● Manual assist extension/passive stretch 	<ul style="list-style-type: none"> ● Gait training with good quad control ● LE stretching: HS, quads, ITB, piriformis (pain free) ● Quad sets/glute sets, clams/mini-hydrants/glute pushes ● Calf raises on leg press ● Leg press ● Standing TKEs after week 4
<p>Phase 3 (7-10 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> ● Pain free ADLs ● Normal knee ROM ● Normal gait ● Initiate running 	<p>Wean brace if has not already</p>	<p>Maintain Full A/PROM</p> <p>Manual:</p> <ul style="list-style-type: none"> ● Scar manipulation <p>Modalities:</p> <ul style="list-style-type: none"> ● Ice/stim PRN 	<ul style="list-style-type: none"> ● Bike, elliptical, stair master ● Step ups/lateral step over's- progress to faster pace ● Perturbation – wobble board, bosu ● Balance progression ● Lateral walks with sport cord ● SLS dynamic surfaces with ball toss ●

Aaron J. Casp, MD
Sports Medicine, Hip, Knee, and Shoulder Surgery
p: (303) 835-8561
f: (303) 879-4036



<p>Phase 4 (10+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none"> • Jogging without pain/swelling • No patellar apprehension • Demonstrate patellar tracking symmetry through movements 		<ul style="list-style-type: none"> • Full A/PROM 	<ul style="list-style-type: none"> • Begin walk-jog progression week 14 if full ROM/no edema/full strength and can perform SL hops x10 pain-free • Bilateral leg plyometric program • Continue everything in phase 3 • Advance LE strength and flexibility • Advance cross training • Muscular power – squats, split jumps • Advance plyometric program if has good eccentric capabilities: Jump down, horizontal jump, cutting and decelerations if getting back to sport
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