



## Proximal Hamstring Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-2 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Protect repair</li> <li>● Decrease swelling</li> <li>● Emphasis on weightbearing restrictions</li> </ul>	<p>Hinged knee brace locked in 30 degrees flexion</p> <p>Touch-down weightbearing with crutches</p> <p>Can remove brace for hygiene and therapy</p> <p>Avoid walking without brace for 6 weeks</p>	<ul style="list-style-type: none"> <li>● No active knee flexion or hip extension</li> <li>● Passive hip flexion to 60 degrees when knee flexed</li> <li>● AVOID simultaneous knee extension/hip flexion</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Compression/ Ice</li> </ul>	<ul style="list-style-type: none"> <li>● Quad isometrics/quad sets</li> <li>● Ankle pumps</li> <li>● Core/abdominal isometrics</li> <li>● Crutch work/weightbearing compliance</li> </ul>
<p><b>Phase 2 (2-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Control pain/inflammation</li> <li>● Promote healing</li> <li>● Begin gentle scar massage for desensitization</li> </ul>	<p>Knee brace locked at 0 degrees during ambulation</p> <p>OK to unlock brace at other times</p> <p>50% weightbearing with crutches</p>	<ul style="list-style-type: none"> <li>● Passive knee ROM with hip in full extension</li> <li>● Advance knee extension gradually as tolerated to 0°</li> <li>● Gradually add active-assisted knee flexion/hip extension</li> <li>● Hip flexion up to 90 degrees with knee flexed</li> </ul>	<ul style="list-style-type: none"> <li>● Continue quad isometrics/quad sets</li> <li>● Ankle pumps</li> <li>● Begin active-assisted hip abduction</li> <li>● Seated/standing calf raises</li> <li>● Active assisted ROM of hip and knee</li> <li>● Side-lying hip abduction</li> <li>● Upper body strengthening</li> </ul>

**Aaron J. Casp, MD**

*Sports Medicine, Hip, Knee, and Shoulder Surgery*

*p: (303) 835-8561*

*f: (303) 879-4036*



<p><b>Phase 3 (6-12 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>• Return normal ROM</li><li>• Normalize gait</li><li>• Pain free ADLs, therapeutic exercise</li></ul>	<p>Unlock brace with ambulation</p> <p>Progress to weight-bearing as tolerated</p> <p>Wean brace and crutches over 2 week period</p>	<ul style="list-style-type: none"><li>• Full A/PROM</li><li>• Start gradual active knee flexion</li><li>• Start gradual active assisted hip extension</li><li>• Continue to protect AGAINST simultaneous knee flexion/hip extension</li></ul> <p>Modalities:</p> <ul style="list-style-type: none"><li>• Ice/stim PRN</li></ul>	<ul style="list-style-type: none"><li>• Hip abductors/adductor strengthening</li><li>• Continue quad strengthening</li><li>• Incorporate stationary bike with seat high</li><li>• Anti-gravity hamstring curls</li><li>• SLR in all directions</li><li>• Bridges</li><li>• Clamshells</li><li>• Wall slides</li><li>• Half squats</li></ul>
<p><b>Phase 4 (12+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"><li>• Full ROM</li><li>• Progress back to normal activities</li></ul>	<p>Limited based only on pain and functional ability/strength</p> <p>No brace or crutches</p>	<ul style="list-style-type: none"><li>• Full A/PROM</li><li>• Continue gradually increasing hamstring stretch and hip/knee flexibility</li></ul>	<ul style="list-style-type: none"><li>• Progress abductors/adductors</li><li>• Advance LE strengthening/flexibility</li><li>• Closed chain exercises</li><li>• Progressive resistance exercises</li><li>• Advance core stability</li><li>• Walk progression on uneven surfaces</li><li>• 16 weeks: walk/jog progression</li><li>• 20 weeks: progressive running/agility program</li></ul>

For questions about operative details or rehabilitation guidelines, please contact Dr. Casp's athletic trainer at [williamgunnett@uabmc.edu](mailto:williamgunnett@uabmc.edu)