



PHYSICAL THERAPY REHABILITATION PROTOCOL for PROXIMAL HAMSTRING REPAIR

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Date of surgery _____

PHASE I: 4 to 8 Weeks

Goals:

- Normal gait is restored
- Pain free ADLs

Weight bearing:

- Progress to full weight bearing and wean off crutches and out of brace

Treatment Plan:

- Improve ADL function- stand, stairs, walking, etc
- Start gentle ROM
- Emphasize restoring normal gait pattern
- Desensitization massage over the incision
- **WEEK 4** begin passive ROM of knee and hip
- Begin Total Leg Strengthening
 - Heel raises
 - Quad sets (active heel lift)
 - Short arc quads
 - General hip strengthening (abduction/adduction) while lying on side
 - Single leg balance for proprioception
- **NO HAMSTRING STRETCHING**

PHASE II: 8 to 12 Weeks

Goals:

- Perform non-impact aerobic activities without pain
- Perform ADLs at home and work without restrictions

Treatment Plan:

- Core training
- Isotonic exercises avoiding terminal ranges of motion



- Begin aerobic conditioning
 - Stationary bike
 - Stairmaster
 - Elliptical trainer

- Progress Total Leg Strengthening
 - 1/4 squats
 - Step downs
 - Leg press
 - Knee extensions
 - Heel raises
 - Standing hip abductor strengthening (or use machine)
 - Balance and proprioceptive training

PHASE III: 3 to 6 months

Goals:

- Return to recreational activities and sports

Treatment Plan:

- Progress to terminal ROM
- Begin hamstring strengthening
- Continue balance and proprioception retraining
- Progress Total Leg Strengthening
 - Advanced step down
 - 1/4 to 1/2 squats with hand held weights
 - Straight leg raises with ankle weights
 - Closed kinetic chain hamstring strengthening
- Advance to light land jogging at 5-6 months
- Progress back to competitive sports once strength is 85% compared to contralateral side

FREQUENCY: 2-3x/WEEK

DURATION: 8-12 WEEKS

SIGNATURE _____, M.D. / PA-C