



## **PROXIMAL HAMSTRING RECONSTRUCTION PROTOCOL**

### **1-6 WEEKS POST-OP**

#### *Restrictions*

- Patient will be non weight bearing the first 2 weeks, then toe touch weight bearing for 2 weeks, followed by partial weight bearing for 2 weeks
- Patient will wear a brace to restrict knee extension and protect the hamstring repair. This brace will be locked at 60 degrees of knee flexion the first 2 weeks, then 30 degrees of knee flexion for 4 weeks.
- Cryotherapy as often as tolerated without direct contact to the skin
- Avoid excessive hip flexion combined with knee extension
- Notify physician if fever of 100° or more

#### *Rehabilitation*

- Ankle pumps
- Posterior pelvic tilts
- Passive knee range of motion performed in prone to avoid hip flexion.
- Quad sets performed in supine (keeping knee at 60 degrees flexion the first 2 weeks)
- May start pool exercises: pool walking, hip abduction, hip extension, and balance exercises
- Start hip strengthening exercises after the first 2 weeks; avoid straight leg raises until week 6

### **6-12 WEEKS POST-OP**

#### *Restrictions*

- Avoid deep hip flexion, high impact activities or running, and dynamic stretching

#### *Rehabilitation*

- Discontinue use of brace
- Gait training to normalize gait pattern
- Restore normal hip and knee range of motion
- Hip and core strengthening exercises
- Stationary cycle
- Balance and proprioceptive exercises (beginning double leg, then progress to single leg activities)

- Begin hamstring strengthening: hamstring isometrics, heel slides, double leg bridges, standing hip extension, and hamstring curls with a ball
- Modalities as needed for pain/effusion

## **12+ WEEKS POST-OP**

### *Rehabilitation*

- Continue hamstring strengthening; start incorporating eccentric strengthening (ex. Single leg bridge lowering)
- Continue hip and core strengthening
- Elliptical, cycling, and/or stair master
- Can start ladder drills and plyometrics; start with double leg and progress to single leg activities
- Can initiate jogging when cleared by physician but no sprinting
- Start sport or work specific training at 16+ weeks
- Must be cleared by physician to return to sport.