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Proximal Hamstring Tendon Repair Rehabilitation Guidelines

- Prevent simultaneous hip flexion and knee extension
- Goal FWB by 6 weeks with normal gait
- No isokinetic exercises for 6-12 weeks

Phase I: Week 0-1

Weight Bearing Status: NWB with crutches

Immobilization:

- Post-op Knee brace locked at 90
- Hip flexion okay as tolerated

Range of Motion:

- Quad sets
- Ankle pumps
- Gluteal Sets
- No active knee motion

Strength: None

Sports: None

Phase II: Weeks 2-6

Weight Bearing Status: NWB

Immobilization:

- Continue post-op knee brace

Range of Motion:

- Quad sets
- Active-assisted and passive hip and knee flexion
- SAQ
- Ankle pumps
- Side-lying hip abduction
- Standing calf raises

Sports: None

Strength: None - OK for non-involved limbs

Recommended Restrictions:

- NWB
- No active hamstrings yet
- No active hip extension exercises

Phase III: Weeks 6-12

Weight Bearing Status: Progressively wean crutches over the next 1-2 weeks to FWB

Immobilization:

- Discontinue brace per Dr. Patel

Range of Motion:

- Progressive active hip and knee flexion
- Active stretching all uninvolved muscle groups
- Stationary bike

Strength:

- HS curls antigravity
- Hip extension antigravity
- At 10 weeks postop: Progress to ankle weight PRE
 - Progress 1 lb per week to 5 lb
 - Bridging
 - SLR
 - Wall slides
 - Clam shells
 - Partial squats

Sports: Progressive slow walking on level surfaces

Recommended Restrictions:

- NO running

Phase IV: Weeks 12-16

Weight Bearing Status: FWB

Immobilization:

- Neoprene support as needed

Range of Motion:

- Full ROM
- Gentle HS stretching

Strength:

- Cautious use of weight training machines
- Single leg closed chain exercises

Sports: Walk progression on level surface with gradual increase in speed and distance

Recommended Restrictions:

- Preparing to run

Phase V: Weeks 16-20

Weight Bearing Status: FWB

Immobilization:

- Neoprene support as needed

Range of Motion:

- Same

Strength:

- Progressive strengthening avoiding overload to HS

Sports: Walk-to jog progression

Recommended Restrictions:

- No sprinting or speed work

Phase VI: Weeks 20-24

Weight Bearing Status: FWB

Immobilization:

- Neoprene support as needed

Range of Motion:

- Same

Strength:

- Same

Sports:

- Hamstring strength 80% of nml side
- Progressive run/speed/agility
- Jump training after 24 weeks post-op

Recommended Restrictions:

- Proceed gradually with caution