**PROXIMAL HAMSTRING REPAIR PROTOCOL**

**General Guidelines:**

**\*\*The following serves as a set of guidelines as developed by the physical therapy staff and physicians at OA. These may need to be modified given the surgical procedure, patient progression, or overall goals of the patient. Please consult with MD if you have questions.**

* NWB in brace locked at 60 degrees of flexion for 4 weeks
* Avoid hip flexion coupled with knee extension for 6 weeks
* No resisted CKC hamstring exercise until 8 weeks
* No unilateral resistive hamstring activity until 12 weeks
* Full return to activity at 4-6 months based on progression and clearance from MD
* Sitting as tolerated, may benefit from donut cushion early on

**Return to Recreational Activity Guidelines:**

* Stationary Cycling 8 weeks
* Outdoor Cycling 12 weeks
* Swimming 12 weeks
* Upper Extremity Swimming (legs blocked) 6 weeks
* Running 16 weeks

**Post-op**

**0-4 Weeks Protection of Repair and Pain Control**

1. NWB brace locked in 60 degrees of flexion
2. No hip flexion with knee extension

**Cleared Exercise:**

* Ankle Pumps
* Abdominal Bracing
* Quad Sets
* Scar Mobilization
* PROM to Knee
* UBE

**4-6 Weeks Weight Bearing Progression**

1. No hip flexion with knee extension
2. TDWB – wean from crutches
3. Transition out of brace when hamstring flexibility is minimally restricted when compared to the unaffected limb

**Cleared Exercises:**

* Hamstring Sets
* Heel Slides
* Emphasis on gait re-education
* Aquatic therapy can include light CKC loading
* Hip Abduction
* Light Double Limb Balance

**6-8 Weeks Gait and Balance**

1. WBAT
2. Introduction of higher range CKC loading
3. Single limb balance

**Cleared Exercise:**

* Step Ups and Downs
* High Range Squatting
* High Range Lunges
* Single Limb Balance
* Aquatic therapy can include upper body pulling, legs blocked

**8-12 Weeks Gait, Gentle Strengthening, and Balance**

1. Avoid Ballistic Stretching
2. Avoid loading hip in deep flexion
3. No impact/running

**Cleared Exercise:**

* Stationary Bike
* Higher level balance/proprioception training in single limb
* Bridging
* Standing leg extension
* Physioball curls
* Deadlift progressions

**12-16 Weeks Dynamic/Single leg strength**

1. Pain-free strength training in OKC, CKC, and isolated single limb
2. Patient must have minimal post-activity soreness
3. Slow progression to dynamic loading including introduction of sport specific movements

**Cleared Exercise:**

* Outdoor Cycling
* Swimming
* Physioball curls

**16-24 Weeks Transition to Sport**

**\*\*Begin only when cleared by MD\*\***

1. Progression of dynamic loading
2. Plyometric additions
3. Agility additions
4. Return to Run

**Cleared Exercise:**

* Running
* Advanced strength training including heavier resistance
* Agility Training
* Plyometrics
* Return to Sport Drills