

Arthroscopic/Open Proximal Hamstring Repair

Name: _____

Date: _____

Weeks 1-4

- **RESTRICTIONS**
 - **No Weight Bearing**
 - **No Hip flexion with straight knee**
- **BRACE:**
 - **Knee Brace set to 60 degrees of knee flexion with ambulation.**
- Hip PROM (Start at 2 weeks)
 - Hip flexion to 80 degrees with knee flexion), abduction as tolerated
 - No Active Flexion, No Hamstring stretching
- Upper Body circuit training ok
- Scar massage
- Therapeutic Exercises:
 - Quad Sets
 - Ankle pumps
 - Abdominal isometrics
 - Passive Knee ROM with hip at neutral or slightly extended.

Weeks 5-6

- **RESTRICTIONS**
 - **20lb foot flat Weight Bearing**
 - **Avoid Hip Flexion and Knee Extension**
- **BRACE:**
 - **Discontinue Knee Brace**
- Pool Therapy Walking Drills (maintain precautions)
- Knee PROM (6 weeks)
 - Regain Knee Range of motion while avoiding hip flexion and knee extension
- Continue Hip PROM
- Continue Upper Body circuit training
- Scar Massage
- Therapeutic Exercises of week 1-4.

Weeks 7-8

- Gait training: increase Weight bearing to 100% by 8 weeks with crutches
- Progress with knee and hip ROM
- Stationary Bike
- Non-impact balance and proprioceptive drills using double leg.
- Hip and Core Isometrics

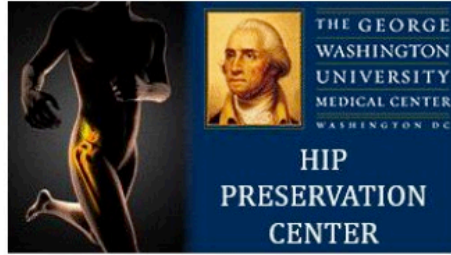
Weeks 8-12

- Continue previous therapy
- Normalize Gait
- Avoid dynamic stretching
- Hamstring strengthening progression
 - Isometric
 - Concentric strengthening
 - Avoid lengthened hamstring positions
 - Heel slides, double leg bridge, standing leg extensions, ball curls
- Hip and Core Strengthening
- Stationary Bike

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Weeks 13-16

- Rehabilitation goals of good control without pain and progression of impact activities
- Precautions: No pain during strength training and soreness resolved in 24 hours.
- Hamstring Strengthening: can initiate full rom strengthening and in lengthened position. Including eccentric strengthening.
- Hip and Core strengthening
- Biking, elliptical, swimming, deep water running
- Progression to Phase IV:
 - Dynamic muscular control with multiplane activities
 - Less than 25% strength deficit side to side hip and hamstring strength

Phase IV (about 17 weeks)

- Continue Strengthening including higher velocity strengthening and reaction.
- Running progression
- Impact control exercises: 2 feet to 2 feet, 1 foot to opposite foot, 1 foot to same foot.
- Sport work and balance exercises
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Other:

Modalities Electric Stimulation Ultrasound Heat before/after Ice before/after

Frequency: 1-2x per week for weeks 1-6
 2-3x per week for weeks 6-24

Signature: Scott C. Puro