

## Proximal Hamstring Tendon Repair

Dr. Murphy

### \*General Considerations

- **Brace Limiting Hip Flexion x 6 weeks**
- **NWB x 6 weeks – Avoid Hip Flexion greater than 30°**
- **Avoid Hamstring Contraction for 6 weeks**

Time Frame	Treatment	Goals
Phase I Post-Op Day 0-6 Weeks	<ul style="list-style-type: none"> <li>• HEP: quad sets, Ankle pumps</li> <li>• No Hip Flexion greater than 30°</li> <li>• Precautions: NWB x 6 weeks. Avoid active hamstring contraction. No active knee flexion.</li> </ul>	<ul style="list-style-type: none"> <li>• Protection of Repair</li> </ul>
Phase II 6-12 weeks	<ul style="list-style-type: none"> <li>• Continue Phase I exercises, may begin active knee flexion against gravity</li> <li>• Begin gait training with progression to WBAT</li> <li>• No hamstring strengthening exercises,</li> <li>• No hamstring stretching exercises</li> <li>• Begin hip/knee strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Restore Normal Gait</li> <li>• Pain free functional ADLs</li> </ul>
Phase III 12 weeks – 5 months	<ul style="list-style-type: none"> <li>• Begin hamstring stretching</li> <li>• Begin hamstring strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Return to ADLs at home and work</li> <li>• Progression of hamstring strengthening</li> </ul>
Phase IV 5-9 months	<ul style="list-style-type: none"> <li>• Continue phase III exercises.</li> <li>• Begin low level plyometrics</li> <li>• Begin light jogging/return to running</li> </ul>	<ul style="list-style-type: none"> <li>• Completion of functional program for patient return to sport/function</li> </ul>
Return to Sport D/C 6-9 months	<ul style="list-style-type: none"> <li>• Return to play criteria – Hamstring strength 75% of contra-lateral side</li> <li>• Sport specific activities, advances strengthening</li> </ul>	<ul style="list-style-type: none"> <li>• Return to play per physician's discretion</li> </ul>