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Proximal Hamstring Repair

Phase I (weeks 1-6)

- Prone knee flexion PROM from 0°-90° x weeks then progress as tolerated
- Avoid active knee flexion x 6 weeks.
- Brace locked 20°-90° x 2 weeks then discontinue brace
- Non-weight bearing x 2 weeks, then Toe Touch Weight bearing through week 5-6 then wean off crutches as tolerated
- Soft tissue or lymphatic techniques to flush fluid swelling from the hip. Progress to petrissage, myofascial or deeper strumming techniques after initial swelling and inflammation has subsided
- Ankle pumps every hour
- Initiate gentle isometrics of glutes, transverse abdominals

Phase II (weeks 7-12)

- Progress to full weight bearing
- Initiate AROM in all planes, avoid full knee extension when hip is flexed
- Progress core strengthening
- Initiate non-resistance stationary bike
- Aquatic walking with MD clearance

Phase III (weeks 13-16)

- Full PROM/AROM & gentle stretching
- Initiate resistance stationary bike
- Initiate isotonic strengthening progressing to closed chain strengthening as tolerated
- Progress to full activities at 16 weeks