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Proximal Hamstring Repair Protocol

Dr. McClung

Phase 1: 0-4 Weeks

- Non weightbearing – hinged knee brace 0-30 degrees flexion
 - Starting at week 2 increase hip flexion by 10 degrees weekly as tolerated to achieve 90 degrees flexion by 6 weeks.
- Quad sets, ankle pumps
- Core strengthening
- Limit hip flexion to 30 degrees

Phase 2: 4-6 Weeks

- Begin PT
- Slow Progression of weight bearing as tolerated → 25% to 50% to 75% to FWB at 6 weeks
- Quad/Hip strengthening
 - SAQs, side-lying hip abduction, standing calf raises
- Begin *PAIN FREE* PROM/AAROM of hip and knee
 - Avoid hamstring stretching until 6 weeks post op
- Start progression of knee extension and hip flexion
- Discontinue Brace at week 6

Phase 3: 6-12 Weeks

- Full weight bearing
- Gait Training
- Start AROM of hip and knee
- Core Strengthening
- Start Isotonic exercises avoiding terminal ranges of motion
 - Start progression of isotonic exercises at week 8.
- Start co-contraction exercises (hamstring and quad)
 - Wall slides, mini squats, SLR, bridges, walking on level ground
- Stationary Bike

Phase 4: 12 weeks +

- Begin strengthening
 - Ok for isolated hamstring strengthening

16 weeks

- Ok to begin jumping, plyometrics and sport specific drills once full ROM
- Progression from walk to jog