

HIP

Proximal Hamstring Repair

Surgery Date: _____

Progressions are time and criterion-based, dependent on soft tissue healing, patient demographics and clinician evaluation. A review of the operative note and communication of any concerns with the referring physician is encouraged. Use of allowed visits should consider overall insurance limitations. When limitations are present, spread visits out over time to ensure that the patient can optimally complete rehab program with return to appropriate activities.

Phase I (Weeks 0 – 8): Immediate Postoperative / Period of Protection

Brace

- Weeks 0–6: TROM brace locked at 50° knee flexion (limits hamstring stretch)
- Weeks 6–8: Progressively unlock brace toward full extension

Weight Bearing

- Weeks 0–6: Non-weight bearing with crutches
- Weeks 6–8: Heel-touch weight bearing with crutches. Progress weight bearing to full by 8 weeks

Range of Motion

- Weeks 0–2: Knee ROM 60° to full flexion only
- Weeks 2–4: Knee ROM 30° to full flexion
- Weeks 4–6: Knee ROM 10° to full flexion
- Weeks 6–8: Knee and hip PROM to AAROM to AROM without restrictions

Precautions

- No active or resisted hamstring contraction for 8 weeks
- No hip extension past neutral for 6 weeks
- No sitting on hard surfaces for 6 weeks (use cushion)

Therapeutic Exercise

- Quad sets, ankle pumps, gluteal sets (gentle)
- Upper body exercises as tolerated
- Core stabilization (gentle, no hamstring loading)

Phase II (Weeks 8 – 12): Transitional Phase – Low Impact

Brace

- Discontinue brace

Weight Bearing

- Full weight bearing, wean crutches

Range of Motion

- Progress to full, symmetrical ROM

Rehabilitation Goals

- Normalize gait pattern
- Begin gentle hamstring activation

Therapeutic Exercise

- Begin gentle isometric hamstring exercises
- Progress quad and hip strengthening
- Begin closed chain exercises (mini squats, step-ups)
- Stationary bike (low resistance)
- Pool therapy if available

Phase III (Weeks 12 – 16): Intermediate Phase – Linear

Rehabilitation Goals

- Progress hamstring strengthening
- Initiate running program (when criteria met)

Therapeutic Exercise

- Isotonic hamstring exercises (light to moderate resistance)
- Progress resistance training
- Lateral step-down progression
- Begin linear jogging program (when cleared)

Phase IV (Weeks 16 – 24+): Return to Activity – High Impact

Rehabilitation Goals

- Return to sport-specific activities
- Return to full sport participation (4–6+ months)

Therapeutic Exercise

- Progress eccentric hamstring exercises (Nordic curls)
- Plyometrics and agility
- Sport-specific drills

Criteria for Return to Sport

- Full, pain-free ROM
- Isokinetic hamstring strength $\geq 90\%$ of contralateral limb
- No pain with high-speed running or sport-specific movements
- Physician clearance