



## **Proximal Hamstring Repair**

### **Phase I (weeks 1-6)**

- Prone knee flexion PROM from 30°-90° x 2 weeks full ROM
- Avoid active knee flexion (Hamstrings) x 4 weeks.
- Brace locked 30°-90° x 2 weeks then unlocked, discontinue brace after 6 weeks
- Non-weight bearing x 2 weeks, then Toe Touch Weight bearing x 3 weeks then wean x 1 week, then FWB
- 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