

PROXIMAL HAMSTRING REPAIR– FULL RETRACTED POST OPERATIVE PROTOCOL

	Time Frame (Weeks)	Guidelines	Goals
PHASE I	0 to 6	<p>CRUTCHES: TTWB x 6 weeks BRACE: Locked at 45° x 6 weeks EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • POD#1: quad sets, TA activation, glute sets, ankle pumps • Gentle PROM combined hip flexion/knee flexion (avoid combined hip flexion/knee extension x 6 weeks) • Do not push into pain or stretch • Supine Samurai with SB, • pelvic tilting and progressions as appropriate • Bike if tolerated beginning at week 3 • Deep water pool walking (75% unweighted) beginning once incisions are completely healed • Quadruped cat/cow, hip rocking with 25% weight bearing as tolerated • Prone assisted Hip extension <p>WEEK 4-6</p> <ul style="list-style-type: none"> • Side lying hip abduction, clamshells 	<ul style="list-style-type: none"> • Protect Repaired tissue • Control Pain & Inflammation with modalities • Restore ROM per MD guidelines
PHASE II	6 to 12	<p>EXERCISE PROGRESSION</p> <ul style="list-style-type: none"> • Gait training – normalize gait mechanics • SLR 4 way (limited by flexibility) • Bilateral squat progression (mini squats with very gradual progression in depth) • Multi-plane open and closed kinetic chain hip strengthening • Step-up progression • Isometric hamstring muscle activation (8 weeks) • Stationary biking and treadmill/outdoor walking • Proprioception drills • Leg press • Progress Hip and Core strength <p>MANUAL INTERVENTION</p> <ul style="list-style-type: none"> • Soft tissue mobilization to: Hamstrings, glutes, TFL, ITB, QL, lumbar paraspinals as needed • Scar mobilization • May begin Dry Needling as indicated 	<ul style="list-style-type: none"> • Normalize gait • Develop good quad control with functional movements • Restore Hip ROM; begin to develop muscle balance around the hip

	Time Frame (Weeks)	Guidelines	Goals
PHASE III	12 to 16	EXERCISE PROGRESSION <ul style="list-style-type: none"> • Squat progression adding weight and depth as tolerated • Continue Isolated hamstrings strengthening (DL bridges, hip extension) • Lunge progression (retro, walk and split) as tolerated (gradual increase in ROM) • DL hamstring curl at 12 weeks • SL Hamstring curl machine at 14 weeks • Single leg squats • Outdoor biking as tolerated • Swimming free style • Elliptical • Alter G running • Impact activity/Jogging not until 16 weeks post-op and patient has achieved *Criteria for Progression CRITERIA FOR PROGRESSION TO PHASE IV <ul style="list-style-type: none"> • Hip and quad strength 5/5 MMT • Hamstring strength 75% measured with dynamometer • Symmetrical single leg squat: 15 reps • Patient must demonstrate good single leg squat mechanics and proficiency with basic ladder/agility drills prior to initiating running program 	<ul style="list-style-type: none"> • Hip and quad strength 5/5 MMT • Develop Hamstring strength 4+/5 • Open chain strength now allowed as tolerated • Pain free strengthening
PHASE IV	16 to 24	EXERCISE PROGRESSION <ul style="list-style-type: none"> • Continue hamstring strengthening • Initiate jogging or low amplitude impact loading at 4 months post-op • Progress resistance with squat and lunge strengthening program • Multi-directional agility drills • Plyometric progress. 	<ul style="list-style-type: none"> • Follow-up examination with the physician • Sports test for return to competition