



PROXIMAL HAMSTRING TENDON REPAIR

REHABILITATION PROTOCOL

REHABILITATION PROGRESSION

The following is a general guideline. Please consult Dr. Syal/Dr. Soswa if there is any uncertainty concerning advancement of a patient to the next phase of rehabilitation. Rehabilitation should be individualized according to patient status.

PRECAUTIONS

- avoid hip flexion coupled with knee extension
- hip brace orthosis & knee flexion protected to avoid stress on tendon repair
- use crutches to weight bear for 6 weeks – may begin ambulating immediately post-op

PHASE I (WEEK 0-6)

- axillary crutches for first 6 weeks
- hip brace orthosis to protect from hip flexion until week 6
- week 0-2 : toe touch weight bearing
- week 2-4 : 25-50% weight bearing
- week 4-6 : 50-100% weight bearing
- quad sets, ankle pumps, abdominal isometrics
- passive knee ROM with no hip flexion during knee extension
- hip abduction, hip extension, and balance exercises
- gentle active ROM of hip and knee begun at week 4
- functional electrical stimulation (for quads control, as needed)
- modalities for inflammation as needed

PHASE 2 (WEEKS 6-12)

- avoid dynamic stretching, avoid loading of hip at deep flexion angles
- remove hip & knee bracing
- stationary bike
- gait training, no impact or running
- begin hamstring lengthening, work hip extension & knee flexion moments separately – start with isometric and concentric strengthening with hamstring sets – heel slides, double leg bridge, standing leg extensions
- hip & core strengthening



PHASE 3 (WEEKS 12-16)

- continue hamstring strengthening to include in lengthened position
- proprioceptive exercises (start bilaterally and progress to unilateral)
- impact control exercises & movement control exercises beginning with low velocity, single plane activities, progressing to higher velocity, multi plane
- biking, elliptical, stair master, pool deep water running
- attain near full 5/5 strength of hamstring muscle testing
- sport/work specific balance & proprioceptive drills
- stretching for patient specific muscle imbalances

SOURCES:

- University of Wisconsin Sports Medicine. Rehabilitation Guidelines Following Proximal Hamstring Primary Repair
- Sherry MA, Best TM. A comparison of 2 rehabilitation programs in the treatment of acute hamstring strains. J Orthop Sports Phys Ther: Mar 2004;34(3):116-125.
- Cohen S, Bradley J. Acute Proximal Hamstring Rupture. J Am Acad Orthop Surg 2007;15:350-355.