



**Orthopaedic Associates of Zanesville
Sports Medicine Division Physical Therapy Protocols
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Rehabilitation Guidelines for Open Proximal Hamstring Repair

The intent of this protocol is to provide the clinician with a general guideline of the post-operative course of the patient that has undergone the above stated procedure. It is by no means intended to substitute for one's clinical decision making regarding the progression of a patient's postoperative course based on their physical exam findings, individual progress, and/or the presence of possible post-operative complications. If a clinician requires assistance in the progression, please contact the referring surgeon's office.

0-5 Weeks:

- TTWB with crutches
- Hinged knee brace locked at 45-50 degrees
- Quad sets
- Ankle pumps
- Abdominal isometrics
- Passive knee ROM without hip flexion during knee extension
- Weeks 3-5: Begin pool walking drills (if incision healed) without hip flexion coupled with knee extension, may work on hip abduction, hip extension, and balance exercises

5-12 Weeks:

- Advance hinged knee brace to 30 degrees of flexion with progression to 0 degrees of flexion from weeks 5-8
- Progress WBAT with weaning crutches
- Normalize gait with gait training
- Work on pain free functional movements to include step ups/downs, squats, partial lunges (do not exceed knee flexion of 60 degrees)
- Begin gentle hamstring strengthening once ROM has normalized
- Stationary bike, hip and core strengthening

12-16+ Weeks:

- Continue to progress hamstring, general hip, and core strengthening
- Introduce sports specific movements including impact activities
- Post-activity soreness should typically resolve within 24 hours