

PROXIMAL HAMSTRING TENDON REPAIR PT PROTOCOL

| | BRACE INSTRUCTIONS AND RESTRICTIONS | RANGE OF MOTION GOALS | PT EXERCISES/NOTES |
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| PHASE 1 First 4 Weeks (0-4) 1 Sessions/week Begin after 2 weeks | -Hinge Knee brace (may remove for shower/hygiene – seated: maintain hip flexed to 90 degrees and knee flexed to 90 degrees) -Brace usually locked at 30 degrees -Crutches for assisted ambulation -Touch down weight bearing -Avoid combination hip flexion with knee extension | -Begin Knee PROM 20 to 90 degrees -Begin Hip PROM 15 degrees (extension) to 60 degrees (flexion) | -Gait training with crutches, calf pumps, edema control, glute isometrics |
| PHASE 2 Next 2 Weeks (4-6) 2 Sessions/week | -Hinge Knee brace (may remove for shower/hygiene – while seated: maintain hip flexed to 90 degrees and knee flexed to 90 degrees) -Progress to brace unlocked from full knee flexion to full knee extension -Crutches for assisted ambulation -Touch down weight bearing | -Progress Knee PROM as tolerated -Progress Hip PROM 15 degrees (extension) to 90 degrees (flexion) -No active hip flexion | -Begin ankle pumps, quad sets, gastroc strengthening, nerve gliding, hip flexors in Thomas test position -Progress to scar mobilization, manual trigger point release, anterior hip glides, hip ER in flexion (limit/avoid piriformis stretching), gluteal sets in prone/supine, side-lying abduction |

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| <p>PHASE 3 Next 4 Weeks (6-10) 2 Sessions/week</p> | <p>-Advance to full weight bearing as tolerated -Discontinue brace after 6 to 8 weeks -Crutches for assisted ambulation as needed</p> | <p>-Continue to advance PROM/AAROM/AROM to reach full hip and knee ROM -Active stretching all uninvolved muscle groups</p> | <p>-Continue phase 2 exercises and double limb bridge with band around thighs/ball squeeze/upper back on bench, plank with alternating leg lift, SLR -At 8 weeks, progress to isolated hamstring resistance strengthening, hamstring curl and hip extension antigravity -Stationary bike, progressive slow walking at 8 weeks</p> |
| <p>PHASE 4 Next 6 Weeks (10-16) 1-2 Sessions/week</p> | | | <p>-Continue phase 3 exercises and add single leg bridge (back on floor, foot on bench), progress to ankle weight for all leg lifts PRE, wall slides, clam shells, partial squats, step ups, step downs -At 13 weeks, progress to gentle hamstring stretching, cautious use of weight training machines, single leg closed chain exercises, resisted step ups, walk progression on level surface with gradual increase in speed and distance</p> |

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| <p>PHASE 5 16 Weeks+ Session frequency to be determined</p> | | | <ul style="list-style-type: none"> -Continue phase 4 exercises -Progress to advanced functional goals including running, sprinting, jumping, and sport-specific activity -Advance agility exercises, plyometrics, running activities as appropriate -Return to sport at 5 to 6 months per protocol and once clear by MD |
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This protocol is intended for the purposes of guiding post-surgical or post-injury rehabilitation exercises and goals. These guidelines may be interpreted by a certified physical or occupation therapist and tailored to meet patient specific goals and expectations. Other specific modifications may be made by Dr. Butterfield depending on adjuvant surgical procedures, surgical findings, or rehabilitation progress.

Please fax initial physical therapy assessment and progress notes to Dr. Butterfield at 763-786-3320. You may direct questions regarding this protocol or patient progress to our office at 763-786-9543 or email at MatthewButterfield@tcomn.com