



Brian Bjerke, MD

Proximal Hamstring Repair

Post-Operative Protocol

Phase I – Maximum Protection (Weeks 0 to 6):

Weeks 0-3:

- Use crutches for 6 weeks
 - Non-weight bearing x4 weeks
 - 25-50% weight bearing weeks 4-6 post-op
- Patient placed in hinge knee brace post-operatively
 - Brace on at all times other than hygiene/showering x6 weeks
 - Week 1-3: brace locked at 60-80° of knee flexion
 - Week 3-6: brace opened to allow knee extension to 30°

Weeks 3-6:

- Start passive ROM in brace
- Full flexion to 30°
 - **DO NOT force motion**

Phase II – Progressive ROM and Early CKC Strengthening (Weeks 6-12):

- Goals:
 - Weight bearing as tolerated
- Exercise Progression:
 - Normalize gait pattern
 - Bilateral squat progression (mini squats with very gradual progression in depth)
 - Multi-plane open and closed kinetic chain hip strengthening
 - Step-up progression
 - Stationary biking and treadmill/outdoor walking and elliptical as tolerated
 - Proprioception drills
 - Leg press
 - Gentle hamstring isometrics at 10 weeks
 - Deep water pool program when incision is completely healed

Phase III – Advanced Strengthening and Endurance Training (Weeks 12 to 16):

- Exercise Progression:
 - Squat progression adding weight as tolerated
 - Isolated hamstrings strengthening
 - Lunge progression (retro, walk and split) as tolerated (gradual increase in ROM)
 - Outdoor biking as tolerated
 - Swimming free style
 - Backward elevated treadmill walking

Phase IV – Advance Strengthening and Running progression (Weeks 16 to 24):

- Exercise Progression:
 - Progress resistance with squat and lunge strengthening program
 - Pool running gradually progressing to land based as tolerated
 - Basic plyometric box progression
- Return to Sport and Functional Drills (begin at 4-5 months):
 - Interval golf program
 - Sport specific field/court drills
- Sports Test and Follow-up with Physician (5-6 months):
 - Follow-up examination with physician
 - Sports test for return to competition

*Please feel free to contact Dr. Brian Bjerke's office with any questions or concerns. Dr. Bjerke's care coordinator Andria Larson is available by phone at 952-456-7095.