

PROXIMAL HAMSTRING REPAIR/RECONSTRUCTION PROTOCOL

This protocol provides general guidelines for initial stage and progression of rehabilitation according to specified time frames, related tissue tolerance and directional preference of movement. The intent is to provide the therapist with a general framework. Twin Cities Orthopedics staff will provide contact information for further individual-specific rehabilitation progression consultation and general questions regarding specific patients. Please fax initial assessment and subsequent progress notes directly to Dr. Corey Wulf at 952-944-0460.

****Non-Weight Bearing and brace use for 6 weeks after surgery. Brace is only to be removed for showering, keep the hip flexed to 90 °, and the knee bent at 90°****

PHASE I: Weeks 1-2**Range of Motion**

- Non-weight bearing, in brace
- Brace locked at ROM based on intra-op assessment, no extension greater than 90° of knee flexion

PHASE II: Weeks 3-6**Range of Motion**

- Non-weight bearing, in brace
- Progress to full range of motion as tolerated, **do not force**

PHASE III: Weeks 6 – Return to Play

- Discontinue brace
- Weight Bearing as tolerated
- Continue ROM as tolerated
- Functional strengthening, start at 8 weeks
 - Co-contraction exercises such as knee bends
- Isolated hamstring resisted strengthening (leg curls...) begin at 3 months post op
- Return to sport 6 months post op