

## TJ Ridley, MD

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### Proximal Hamstring Repair Rehabilitation Protocol

Phase / Goals	Immobilization	ROM	Therapeutic Exercises
<b>Phase 1 (week 0-2)</b> Goals: <ul style="list-style-type: none"> <li>• Protect repair</li> <li>• Edema Control</li> <li>• Avoid sitting at 90°</li> <li>• Avoid hip flexion with knee extension</li> </ul>	<ul style="list-style-type: none"> <li>• Toe Touch Weight Bearing x 2 weeks</li> <li>• Knee brace 20-90°               <ul style="list-style-type: none"> <li>◦ Worn at all times including sleep</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Knee PROM 20-90°               <ul style="list-style-type: none"> <li>◦ Avoid active knee flexion x 6 weeks</li> </ul> </li> <li>• Hip PROM -15-60°               <ul style="list-style-type: none"> <li>◦ No hip flexion &gt;60°</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Gait training with crutches</li> <li>• Calf pumps</li> <li>• Glute and transverse abdominal isometrics</li> <li>• Edema control</li> </ul>
<b>Phase 2 (week 3-4)</b> Goals: <ul style="list-style-type: none"> <li>• Protect repair</li> <li>• Advance knee PROM</li> <li>• Avoid hip flexion with knee extension</li> </ul>	<ul style="list-style-type: none"> <li>• 20lb flat foot weight bearing weeks 3 &amp; 4</li> <li>• Discontinue brace as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Knee PROM as tolerated</li> <li>• Hip PROM -15-60°               <ul style="list-style-type: none"> <li>◦ No hip flexion &gt;60°</li> <li>◦ No active hip extension</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continue as above</li> <li>• Begin quad sets and short-arc quads               <ul style="list-style-type: none"> <li>◦ Maintain hip flexion &lt;60°</li> </ul> </li> <li>• Side-lying hip abduction</li> <li>• Scar massage</li> </ul>
<b>Phase 3 (week 5-6)</b> Goals: <ul style="list-style-type: none"> <li>• Protect repair</li> <li>• Advance hip ROM</li> <li>• Pain free 50% weight bearing</li> </ul>	<ul style="list-style-type: none"> <li>• Advance to 50% bearing</li> </ul>	<ul style="list-style-type: none"> <li>• Full knee PROM</li> <li>• Advance hip flexion to 90° as tolerated               <ul style="list-style-type: none"> <li>◦ No active hip extension</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Continue as above</li> <li>• Standing calf-raises</li> <li>• Initiate closed chain terminal knee extensions (TKE)</li> <li>• Side-lying glute strengthening (clamshells, SLR)</li> </ul>
<b>Phase 4 (week 7-8)</b> Goals: <ul style="list-style-type: none"> <li>• Gait normalization</li> <li>• Return to ADLs</li> </ul>	<ul style="list-style-type: none"> <li>• FWB</li> </ul>	<ul style="list-style-type: none"> <li>• Full PROM</li> <li>• Begin AROM knee and hip</li> <li>• Avoid combined knee extension and hip flexion until 12 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Begin stationary bike, no resistance and advance as tolerated</li> <li>• Stairmaster, advance as tolerated</li> <li>• Standing hamstring curls</li> </ul>

<b>Phase 5 (week 9-12)</b> Goals <ul style="list-style-type: none"> <li>• Early strengthening and endurance</li> </ul>	<ul style="list-style-type: none"> <li>• FWB</li> </ul>	<ul style="list-style-type: none"> <li>• Full</li> <li>• Avoid combined knee extension and hip flexion until 12 weeks</li> </ul>	<ul style="list-style-type: none"> <li>• Initiate hamstring isometrics</li> <li>• Prone and standing hamstring curls</li> <li>• Supine bridges</li> <li>• Initiate elliptical</li> </ul>
<b>Phase 6 (week 13-16)</b> Goals <ul style="list-style-type: none"> <li>• Strengthening</li> <li>• Return to sport progression</li> <li>• Work hardening</li> </ul>	<ul style="list-style-type: none"> <li>• FWB</li> </ul>	<ul style="list-style-type: none"> <li>• Full</li> <li>• Begin end-range/terminal hamstring stretches</li> </ul>	<ul style="list-style-type: none"> <li>• Advance isotonic strengthening and closed chain strengthening</li> <li>• Walk to jog program</li> <li>• Initiate light plyometrics</li> <li>• Early return to sport specific drills</li> <li>• Begin work hardening</li> </ul>
<b>Phase 7 (week 17+)</b> Goals <ul style="list-style-type: none"> <li>• Full, unrestricted activities</li> <li>• Return to sport/work</li> </ul>	<ul style="list-style-type: none"> <li>• FWB</li> </ul>	<ul style="list-style-type: none"> <li>• Full</li> <li>• Advance hamstring stretching as tolerated</li> </ul>	<ul style="list-style-type: none"> <li>• Progress to eccentric hamstring strengthening</li> <li>• Isokinetic and functional hop testing</li> </ul>

### Return to sport criteria:

- Physician Clearance
- Isokinetic testing: >90% LSI
  - Hamstring to quadricep strength ration of 55-65% bilaterally
- Functional hop testing: >90% LSI
- No increase in symptoms with sport specific progressions or testing