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Proximal Hamstring Repair Rehabilitation Protocol

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

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

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