

PROXIMAL HAMSTRING Rehab Protocols

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Dr. Drew Ratner

PHASE I MAXIMUM PROTECTION (WEEKS 0-6)

- Non Weight Bearing x 4 weeks
- Knee Brace Set to 45 Extension
- Partial Weight Bearing then progression to WBAT 4-6 weeks
- Wean from crutches at 4-6 weeks

Rehab Goals

- Protect repaired tissue
- Control Pain & Inflammation with modalities
- Restore ROM per MD guidelines

Exercise Progression

- Quad sets, TA activation, glute sets, ankle pumps from POD #1
- Gentle passive hip and knee ROM (avoid combined Hip flexion with knee extension)
- Do not push into pain or stretch

Weeks 4-6

- Gentle prone quad stretch
- Limited range SLR program (no prone extension)
- Balance/proprioception as WB status indicates
- Progress to PWB at 4 weeks Post Op
- Stationary Bike without resistance as tolerated

PHASE II PROGRESSIVE STRETCHING & EARLY STRENGTHENING (WKS 6-12)

Rehab Goals

- Normalize gait
- Develop good quad control with functional movements
- Restore Hip ROM

Manual Therapy

- Soft tissue mobilization to: Hamstrings, Glutes, TFL, ITB, QL, Lumbar Paraspinals as needed
- Scar mobilization
- May begin dry needling as indicated

Call **864-807-9998** with any questions
about rehab protocols.



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Exercise Progression (As Tolerated)

- Gait training – normalize
- 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, elliptical as tolerated
- Proprioception drills
- Leg Press
- Progress Hip and Core strength
- Gentle hamstring isometrics at 10 weeks
- Deep water pool program when incision is completely healed

PHASE III – ADVANCED STRENGTHENING & ENDURANCE (WKS 12 - 16)

Rehab Goals

- Hip and quad strength 5/5 MMT
- Develop Hamstring strength 4+/5
- Initiate isotonic hamstring strengthening
- Pain free strengthening

Exercise Progression

- Squat progression adding weight and depth as tolerated
- Isolated hamstrings strengthening (DL bridges, hip extension)
- Lunge progression (retro, walk, and split) as tolerated (gradual increase in ROM)
- Hamstring curls
- Single leg squats
- Outdoor biking as tolerated
- Swimming free style
- Impact activity/Jogging at 4 months postoperatively

Criteria for Progression to Phase IV

- Hip and quad strength 5/5 MMT
- Hamstring strength 5-/5
- Patient must demonstrate good single leg squat mechanics and proficiency with basic ladder/agility drills prior to initiating running program

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PHASE IV – ADVANCED STRENGTHENING & ENDURANCE (WKS 12-24)

Exercise Progression

- Eccentric hamstring strengthening
- Alter G or pool running gradually progressing to land based as tolerated
- Initiate jogging or low amplitude impact loading at 4 months post op
- Progress resistance with squat and lunge strengthening program
- Multi-directional agility drills
- Plyometric progress

Sport Test and follow up with physician (6 months)

- Follow up examination with the physician
- Sports test for return to competition

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