

Proximal Hamstring Repair Protocol

| | Phase I: weeks 0-6 | Phase II: weeks 7-8 |
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| Weight-Bearing and Immobilization | <ul style="list-style-type: none"> • Non-weight-bearing with crutches • Knee brace at all times (see below for ROM settings) | <ul style="list-style-type: none"> • Transition from NWB to partial weight-bearing to full-weight-bearing • Discontinue brace |
| Aerobic | <ul style="list-style-type: none"> • None | <ul style="list-style-type: none"> • Stationary bike (low resistance) |
| Range of Motion (ROM) and Strengthening | <ul style="list-style-type: none"> • Hip flexion <ul style="list-style-type: none"> ▸ Week 1: 0-30° ▸ Week 2: 0-60° ▸ Weeks 3-6: 0-90° • Knee PROM only <ul style="list-style-type: none"> ▸ Weeks 0-2: 60° to full flexion ▸ Weeks 3-4: 30° to full flexion ▸ Weeks 5-6: full ROM • Isometric quad sets • Ankle pumps • Abdominal isometrics | <ul style="list-style-type: none"> • Continue Phase I exercises • Progress knee and hip ROM from full PROM to AAROM to AROM without restrictions • Gait training |
| Other | <ul style="list-style-type: none"> • Modalities as needed to reduce swelling and improve muscle recruitment • Home Exercise Program (HEP) per discretion of Physical Therapist | |
| Goals | <ul style="list-style-type: none"> • Pain control • Protection of tissue healing • Minimize joint stiffness | <ul style="list-style-type: none"> • Regain full ROM • Gait training |

| | Phase III: weeks 9-12 | Phase IV: weeks 13-20 |
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| Weight-Bearing and Immobilization | <ul style="list-style-type: none"> • WBAT • No immobilization | |
| Aerobic | <ul style="list-style-type: none"> • Stationary bike (low resistance) | <ul style="list-style-type: none"> • Begin elliptical machine, swimming, stair climbing machine • Increase stationary biking gradually • Begin walk-jog-run progression but no sprinting |
| Range of Motion (ROM) and Strengthening | <ul style="list-style-type: none"> • Continue Phase II exercises • Begin hip and core strengthening • Begin hamstring strengthening <ul style="list-style-type: none"> ▸ Work hip extension and knee flexion moments separately ▸ Begin with isometric and concentric strengthening with hamstring sets, heel slides, double-leg bridge, standing leg extensions, and physioball curls | <ul style="list-style-type: none"> • Continue exercises from Phase III • Continue hamstring strengthening <ul style="list-style-type: none"> ▸ Progress with strengthening in lengthened position (eccentric) • Begin impact/movement control exercises for proprioception and balance <ul style="list-style-type: none"> ▸ Progress from low-velocity in single-plane to higher velocity in multiple planes |
| Other | <ul style="list-style-type: none"> • Modalities as needed to reduce swelling and for muscle re-education • Home Exercise Program (HEP) per discretion of Physical Therapist | |
| Goals | <ul style="list-style-type: none"> • Improve strength | <ul style="list-style-type: none"> • Improve strength • Improve aerobic fitness • Begin balance and proprioception |

| | Phase V: weeks 20+ |
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| Aerobic | <ul style="list-style-type: none"> • Progress walk-jog-run progression to include running/sprinting |
| Range of Motion (ROM) and Strengthening | <ul style="list-style-type: none"> • Continue exercises from Phase IV • Advance to sport-specific agility and plyometric program after completing general program • Progress to sport-specific exercises/drills as progress allows |
| Other | <ul style="list-style-type: none"> • Home Exercise Program (HEP) per discretion of Physical Therapist |
| Goals | <ul style="list-style-type: none"> • Gradual return to full level of sport/activity |