

Proximal Hamstring Repair

Weeks One To Four	Weeks Four To Six
Initial Evaluation	Evaluate
<ul style="list-style-type: none"> ➤ Knee and ankle range of motion ➤ Inspect for signs of infection or DVT ➤ Assess RTW and sport expectations ➤ Gait (patient typically presents in a custom fitted hip orthosis that restricts hip flexion) ➤ TTWB x 2 weeks, 25% WB x 2 weeks, then WBAT 	<ul style="list-style-type: none"> ➤ Range of Motion (avoid terminal ranges) ➤ Gait ➤ Pain ➤ PROM
Patient Education	Patient Education
<ul style="list-style-type: none"> ➤ Support physician prescribed meds ➤ Reinforce use of brace and assistive device ➤ Restate surgical precautions (TTWB x 2 weeks, 25% WB x 2 weeks, minimal to no hip flexion, and no hamstring activity x 6 weeks) ➤ Discuss frequency and duration of treatment (2-3x/wk is expected for the first 10 weeks, followed by intermittent appointments over another 3-4 months) 	<ul style="list-style-type: none"> ➤ Reinforce use of brace ➤ Begin WBAT and wean from crutches as appropriate ➤ Restate surgical precautions and discuss with patient scenarios that may cause re-injury (continue to avoid end range hip flexion)
Therapeutic Exercise	Therapeutic Exercise
<ul style="list-style-type: none"> ➤ Review and update pre-op HEP (quad sets, ankle pumps) ➤ Avoid heel slides/ hamstring activity x 6 weeks ➤ May initiate heel raises and weight shifting activity as tolerated 	<ul style="list-style-type: none"> ➤ Begin gentle AAROM, and AROM at week 4 ➤ Initiate AAKE, AROM SLR, ABD, ADD at 4 weeks ➤ Initiate single leg static balance activity as tolerated ➤ Multi angle sub-maximal isometrics (pain free) at 4 weeks
Manual Techniques	Manual Techniques
<ul style="list-style-type: none"> ➤ PROM hip and knee ➤ Initiate mobilization of incision when tissue healing is appropriate 	<ul style="list-style-type: none"> ➤ May continue PROM of hip and knee as needed ➤ May continue mobilization of incision as needed.
Modalities	Modalities
<ul style="list-style-type: none"> ➤ NMES / Interferential ➤ Ice 	<ul style="list-style-type: none"> ➤ Modalities may be used as needed
Goals	Goals
<ul style="list-style-type: none"> ➤ Control pain ➤ Minimize swelling ➤ Independence with post-op precautions 	<ul style="list-style-type: none"> ➤ Reduce pain and swelling ➤ Improve gait on flat level surfaces within brace ➤ Restore full PROM

Weeks Six To Twelve	Weeks Twelve To Discharge
Evaluate	Evaluate
<ul style="list-style-type: none"> ➤ Ability to contract hamstring ➤ Gait ➤ Pain ➤ Active and passive range of motion 	<ul style="list-style-type: none"> ➤ Address any deficits that may limit RTW or sports goals ➤ Functional movement screen
Patient Education	Patient Education
<ul style="list-style-type: none"> ➤ Progress to FWB if not completed prior to 6 weeks ➤ Discharge brace week 6 	<ul style="list-style-type: none"> ➤ Discuss the benefits of completing a CFA program and introduce to CFA staff
Therapeutic Exercise	Therapeutic Exercise
<ul style="list-style-type: none"> ➤ Initiate bicycle no resistance at 6 weeks ➤ Add active hip extension and hamstring curl no resistance at 6 weeks ➤ May initiate Aquatic Therapy at 6 weeks ➤ Begin isotonic activity at week 8 ➤ Progress closed chain activity to include partial assisted squat and leg press activity at week 8 ➤ Single leg and step up activity at week 10 ➤ Initiate partial/assisted lunging activity at 10 weeks 	<ul style="list-style-type: none"> ➤ May initiate CFA program ➤ Consider use of a dynamic warm-up prior to activity ➤ Progress to sport specific activity ➤ Incorporate activity for appropriate timing and activation of core musculature ➤ Initiate jogging no sooner than 12 weeks with appropriate strength/movement testing, and physician approval
Manual Techniques	Manual Techniques
<ul style="list-style-type: none"> ➤ Any manual techniques as needed 	<ul style="list-style-type: none"> ➤ Any manual techniques as needed
Modalities	Modalities
<ul style="list-style-type: none"> ➤ Modalities may be used as needed 	<ul style="list-style-type: none"> ➤ Modalities may be used as needed
Goals	Goals
<ul style="list-style-type: none"> ➤ Eliminate pain with normal daily activity ➤ Restore normal gait on all surfaces ➤ Normal AROM ➤ 4+ MMT of all involved musculature by 8-10 weeks 	<ul style="list-style-type: none"> ➤ 5/5 MMT of all involved musculature ➤ Appropriate completion of functional movement screen activities ➤ Return to work and sport activity without pain ➤ Discharge to independent program