

Proximal Hamstring Repair Physical Therapy Protocol

Week 0-3 Primary goals: Protect repair

- Avoid hip flexion with knee extension
- Touchdown weight bearing with crutches at all times
- Passive knee ROM with no hip flexion during knee extension
- Ankle pumps, quad sets, abdominal isometrics

Week 3-6 Primary goals: Improve gait

- Discontinue crutches at 4 weeks, wean to one crutch, then none
- Scar mobilization
- Avoid hip flexion with knee extension
- Gentle hip ROM
- Ankle pumps, quad sets, abdominal isometrics

Week 6-12 Primary goals: Normalize gait, minimal pain, good control with functional movements including step up/down, squat, partial lunge

- Avoid dynamic stretching
- Avoid loading the hip at deep flexion angles
- No impact or running
- Non-impact balance and proprioceptive drills, double leg to single leg
- Stationary bike
- Incorporate Blood Flow Restriction (BFR)
- Hip and core strengthening
- Begin hamstring strength – start by avoidance of lengthening hamstring position (hip flexed, knee extended) by working hip extension and knee flexion movements separately; begin with isometric and concentric strength with hamstring sets, heel slides, double leg bridge, standing leg extensions, and physioball curls

Week 12-16 Primary goals: Gradual running

- Continue hamstring strengthening – progress to strengthening in lengthened hamstring position; begin to incorporate eccentric strengthening
- Impact control exercises

- Movement control exercises
- Initiate running drills, no sprinting until after 4 months
- Use of Alter-G or Pool recommended to start

Week 16-24 Primary goals: Running, release to full sport participation

- Advance to higher velocity strengthening
- Advance to sprinting drills
- Sport specific training
- Decision for full return to sport is based on physical testing and performance in sport-specific drills