

**Proximal Hamstring Repair
Postoperative Rehabilitation Protocol
Dr. Jeffrey Witty, M.D.**

Notes:

- Please review any additional notes for adjustments to protocol depending on intraoperative findings.
 - o Surgeon may adjust brace settings depending on tension of repair (for retracted or chronic tears)
- Educate patient to limit hip flexion to around 30 – 40 deg while sitting to avoid tension at repair. This may require some leaning back in the chair.

Brace:

- A hip brace is not typically used
- A hinged knee brace allows the knee flexion angle to be adjusted and this protocol defaults to 40 degrees. The brace should be locked at this angle, allowing no motion unless specifically adjusted in the PT referral. In select cases (with a lot of tension on repair), knee flexion angle can be increased to 90 degrees.

Modalities:

- Ice pack/cryo 30 min on and 30 min off
- Thigh high compression sleeve for at least 6 weeks postop

	Weightbearing	Brace	ROM	Exercise
Phase I Week 0 - 4	NWB	Hinged brace locked at 40 degrees . No motion allowed in brace.	None	None
Phase II Week 4 - 8	Progress to WBAT with crutches with goal of full WBAT by 6 weeks.	Hinged knee brace discontinued	Begin all A/AA/PROM as tolerated ONLY against gravity. Avoid end range stretching.	None
Phase III Week 8 - 12	WBAT	None	As tolerated. Ok to begin gentle end range stretching.	May begin low resistance closed chain lower extremity strengthening while remaining within patient's comfortable range of motion. Core

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<p>Phase IV Week 12 - 16</p>	<p>WBAT</p>	<p>None</p>	<p>As tolerated. Normalize motion deficits.</p>	<p>Continue and progress closed chain exercise.</p> <p>Begin isolated hamstrings exercise.</p> <p>May begin running program if strength is adequate</p>
<p>Phase V Week 16 until return to activity</p>	<p>WBAT</p>	<p>Fit for MCL brace</p>	<p>As tolerated</p>	<p>As above.</p> <p>Progress strengthening and sport specific drills.</p>

Notes:

- In general, may progress to return to full activities by 16 - 24 weeks.
- Return to sport can take 5 – 10 months.

Protocol adapted from:

Arner et al JAAOS 2019
 Piposar et al Orthop J Sport Med 2017
 Ahmad et al AJSM 2013
 Birmingham et al J Bone J Surg 2011
 Cohen et al AJSM 2012