

## Proximal Hamstring Repair Chad Broering, M.D.

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### **Phase I – Maximum Protection (Weeks 0 to 6):**

- Use crutches TTWB x 4 weeks with brace set @ 30/30
- PWB then progression to WBAT 4-6 weeks
- Wean from crutches at 6 weeks

#### Rehab Goals

- Protect Repaired tissue
- Control Pain & Inflammation with Modalities
- Restore ROM per MD guidelines

#### Exercise Progression

- Quad Sets, Abdominal Isometrics, Transverse Abdominus Activation, Glute Sets, Ankle Pumps from POD #1
- **Passive Hip and Knee ROM, so hip flexion is equal to knee flexion**
- **Do not push into pain or stretch**

#### Manual Therapy

- Soft tissue mobilization to: Hamstrings, Gluts, TFL, ITB, QL, Lumbar Paraspinals
- Scar mobilization after 2-4 weeks or when incisions are healed

### **Weeks 2-4:**

- Ankle Strengthening
- Supine calf stretching (hip @ 0)
- ABD isometrics in supine

### **Weeks 4-6**

- Prone quad stretch
- SLR ABD
- Balance/Proprioception as WBing status indicates
- Progress to PWB at 4 weeks P/O
- Stationary Bike without resistance as tolerated

### **Criteria for progression to Phase II**

- Return to Full Weight Bearing

### **Phase II – Progressive ROM and Early CKC Strengthening (Weeks 6-12):**

#### Rehab Goals

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

#### Manual Therapy

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

#### Exercise progression

- 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 incisions are completely healed

#### Criteria for progression to Phase III

- Normal gait pattern
- Pain free and appropriate neuromuscular patterns and control

### **Phase III – Advanced Strengthening and Endurance Training (Weeks 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
- Backward elevated treadmill walking
- Hold Impact activity/Jogging until 4 months post operatively

#### Criteria for progression to Phase IV

- Hip and quad strength 5/5 MMT
- Hamstring strength 4+/5
- Patient must demonstrate good single leg squat mechanics and proficiency with ladder/agility drills prior to initiating running program

### **Phase IV – Advance Strengthening and Running progression (Weeks 16 to 24):**

#### Rehab Goals

- 90% outcome on return to sport testing
- 5/5 Hamstring MMT
- Initiate jogging
- Develop individualized strength program based on patient goals
- Return to sports \*\*See Specific Steadman Hawkins Return to Sports Protocols based upon the patient's individualized goals\*\*
- **NO Dead Lifts x 6 months p/o**

#### Exercise progression

- Initiate jogging @ 4 months p/o
- Progress resistance with squat and lunge strengthening program
- Multi-directional agility drills
- Pool running gradually progressing to land based as tolerated
- Basic plyometric box progression

#### Return to Sport and Functional Drills (begin at 4-5 months)

- Interval golf program
- Sport specific field/court drills

#### Sports test and follow-up with physician (5-6 months)

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