



Jordan M. Meiss, MD

Proximal Hamstring Tendon Repair

This information and protocol is a guideline, individual variations and changes will apply

<u>Postop</u>	<u>Goals</u>	<u>Precautions</u>	<u>Exercises</u>
Weeks 0-6 PT 2x/week HEP daily	Protect incisions/repair	PWB (50%) XROM brace blocked at 30° while ambulating, 90° while sitting No active hamstring contraction No hip flexion with knee extended No active knee flexion against gravity Knee extension limited based on intraop tension	Pelvic tilts (5 sec holds x20/day) Quad sets (4x20/day) Isometric hip abduction/adduction/ER (5sec holds x10/day) 5 ankle pumps (20-30 reps/hr) Being PROM of the knee and hip with brace on at week 2 (Do not exceed 45° of hip flexion or knee extension beyond brace limits) Scar massage
Weeks 6-12 PT 2-3x/week HEP daily	Restoration of normal gait WB progression Wean from brace Return to pain free ADLs	Progress to WBAT Unlock brace and discontinue at week 8 No hamstring strengthening or stretching	Continue previous Begin active knee flexion against gravity (concentric) Weight shifts SLRs Gentle quadrupled rocking Gentle stool stretches for hip flexion and adduction Gluteus medius strengthening, progress to clam shells
Weeks 12-26 PT 2-3x/week HEP daily	Return to unrestricted ADLs at home and work Hamstring strengthening Hamstring stretching	Gentle progression back to strengthening and stretching	Continue previous Standing hamstring curls against gravity, increase reps and pounds with emphasis on hip reps and frequency Begin total leg and hip strengthening exercises (quarter squats, heel raises, clam shells, bridges, hip hiking, leg press) Balance/proprioception



Jordan M. Meiss, MD

Proximal Hamstring Tendon Repair

This information and protocol is a guideline, individual variations and changes will apply

Weeks 26+ PT 1-2x/week HEP daily	Continue previous Increase functional and sport-specific rehab Return to sport	Avoid painful activities	Continue previous Progress hip ROM Progress LE strength (closed chain hamstring, hip extension, Roman dead lifts, progression to squats) Balance board Core strengthening Bilateral cable column rotations Elliptical Light jogging progression
---	--	--------------------------	--