

RUSSELL M. LAFRANCE MD Orthopedic Surgeon & Sports Medicine

Phase 1- Initial Rehabilitation 0-8 Weeks Post-op

Goals:

Protection of the repaired tissue
Restore ROM within guidelines
Prevent muscular inhibition and gait abnormalities
Diminish pain and inflammation

Precautions:

Brace: T-scope hip

Patients will be 25% weight-bearing for 6-weeks post-op

Do Not Push Through Pain

ROM Guidelines:

Full passive knee ROM. Hip flexion 0-45 flexion for 2 weeks, 0-90 at 4 weeks, as tolerated without pain after 4 weeks. Full abduction, extension, and rotation at 2 weeks

No AROM knee flexion and hip extension until 6 weeks post-op

No Hamstring stretches until 8 weeks

Phase 1: Initial Exercises 0-6 weeks post op

Flexibility calf, quad, hip flexor, groin

Ankle Pumps, Gluteus sets, Quad sets, pelvic tilts, heel slides, submaximal abduction and adduction isometrics, ankle strengthening, prone quad strengthening, active hip abduction progressing from supine to stand then sidelying

6-8 weeks post op

Start active knee flexion prone.

Start active hip extension in standing progressing to prone as tolerated.

Stationary bicycle no resistance

Progress gait WBAT

Phase 2 – Intermediate Rehabilitation 8-10 Weeks Post-op

Goals:

Protection of the repaired tissue
Restore Full Hip ROM
Restore Normal Gait Pattern
Progressive Strengthening of Hip, Pelvis, and LE's

Precautions:

No forced (aggressive) stretching

Phase 2: Intermediate Exercises

Discontinue T-scope hip brace

Gait training FWB

Start gentle hamstring flexibility

Initiate supine SLR

Proximal Hamstring Repair – Physical Therapy

Begin light resisted knee flexion and hip extension
Begin resisted knee extension
Core strengthening
Initiate closed chain strength and proprioception (i.e. wall squats, step ups, leg press, single leg balance, double leg balance board)

Phase 3 – Advanced Strengthening 10-12 Weeks post-op

Criteria for progression to Phase 3:

Full ROM
Non antalgic gait pattern

Goals:

Restoration of full muscular strength and endurance

Precautions:

No contact activities
No forced (aggressive) stretching

Phase 3: Exercises

Initiate dynamic flexibility
Progress all above strengthening and proprioception
Begin aerobic stepping
Continue strength and proprioception

Phase 4- High Impact Activity 12-16 Weeks post-op

Criteria for progression to High Impact Training:

Successful completion of 12 week functional test

Phase 4 Training

Initiate jogging
Initiate double leg plyometrics uniplanar
Initiate agility drills
Continue strength and proprioception

Phase 5- Return to Full Function 16-24 Weeks post-op

Criteria for progression:

Successful completion of 16 week functional test

Phase 5 Training

Sport specific drills
Single leg plyometrics uniplanar
Double leg plyometrics multiplanar
Advanced agility drills
Continue strength and proprioception

Return to sporting activities is permissible when final functional testing is successfully completed. Similar to an ACL reconstruction, this will typically occur between 6 and 9 months.