

## **Phase 1- Immediate Rehabilitation**

Goals:

Protection of the repaired tissue

Restore ROM within guidelines

Prevent muscular inhibition and gait abnormalities

Diminish pain and inflammation

Precautions:

**Patients will be toe-touch weight-bearing for the between 6-8 weeks post-op, per Dr. LaFrance's orders**

Do Not Push Through Pain or Pinching, gentle stretching will gain more ROM

ROM Guidelines:

PROM of knee and hip begins a wk 2

Gentle AROM initiated at wk 4

**Phase 1: Initial Exercises and Tissue Flexibility**

Stretches:

**NO Hamstring stretches for 6 weeks**

Calves, Passive stretches at 2 weeks: quad, hip flexor

Soft Tissue Massage:

**Scars**, TFL / ITB, Quads, Gluteals, QL, Lumbar Paraspinals, posterior thigh, and Calves

**Week 1-2 Ex's**

Ankle Pumps, Gluteus squeezes, Quad squeezes, Transverse abdominals, gentle Hip Abd submax isometrics using a belt or Pilates ring, lumbopelvic stabilization, patellar mobilizations At 2 weeks: ankle strengthening, passive calf stretching with 0° hip flexion

**Week 3-4 Ex's**

Progress PROM 0-45 at the hip

Initiate AROM at week 4, but no hamstring contraction

4 weeks: prone quad strengthening, sidelying hip abd/add, single and double-limb balance and proprioception, lumbopelvic stabilization (PRE's)

**Week 5-6 Ex's**

Progress PROM at the hip 0-90\*

d/c brace after 6 weeks

progress to FWB

Isometric exercises

6 weeks: stationary bike, when obtained 90° hip flexion, supine SLR's

## **Phase 2 – Intermediate Rehabilitation**

**Criteria for progression to Phase 2:**

**Full Weight Bearing Must Be Achieved Prior To Progressing To Phase 2**

# Proximal Hamstring Repair – Physical Therapy

---

Goals:

Protection of the repaired tissue

Restore Full Hip ROM – **ROM must come before strengthening**

Restore Normal Gait Pattern

Progressive Strengthening of Hip, Pelvis, and LE's

TREADMILL USE with appropriate gait pattern

Precautions:

No forced (aggressive) stretching of any muscles

Avoid any terminal ranges of motion in exercise

## **Phase 2: Intermediate Exercises**

### **Week 6-7 Ex's**

Continue gentle stretches

Normal gait training

Aqua therapy

Isotonic exercises begun with limited ROM

Pelvic floor and core strengthening

Closed chain exercises initiated

ROM exercises

Isotonic strengthening under load

Beginning at 6 weeks and progressing through 12 weeks: WB exercises (mini lunges, side stepping with resistance, mini squats, grapevines, etc) aquatic therapy, hydroworx pool for early return to running

### **Week 7-8 Ex's**

Isotonic strength training progressed

Dynamic training advanced

Isokinetic work and dynamic stretching

## **Phase 3 – Advanced Rehabilitation**

**Criteria for progression to Phase 3:**

**Full ROM**

**Pain free Normal gait pattern**

**LE MMT minimum 4/5**

Goals:

Full Restoration of muscular strength and endurance

Full Restoration of Pt's Cardiovascular endurance

Precautions:

No contact activities

No forced (aggressive) stretching

**Phase 3: Advanced Exercises**

**8-10 weeks**

Lunges, Side to side lateral slides with cord, Forward / Backward running program, light

Plyometrics, and resisted lateral walking

Progress running

Sideways agility drills

## Proximal Hamstring Repair – Physical Therapy

---

### **Phase 4 – High Impact/RTS/RTW:**

**Criteria for progression to High Impact Training:**

**Hip strength all 5-/5**

**HS strength 4+/5**

**Cardiovascular endurance nearing pre-injury level**

**Demonstrates proper squat form and pelvic stability with initial agility drills**

Develop customized strengthening and flexibility program based off of Patient's sport and/or work activities

#### **Phase 4: Sport Specific Training**

Initiation of dry land jogging

MMT compared bilaterally at 60°, 120° & 180° (Isokinetic testing if available)

Sport Specific drill work

Z cuts, W cuts, Cariocas

Agility drills

Plyometrics

Gradual return to sport

Return to sporting activities is permissible when isokinetic testing is 80% of the unaffected side, or both 5/5 with all LE MMT's. Similar to an ACL reconstruction, this will typically occur between 6 and 9 months.