

PROXIMAL HAMSTRING REPAIR
PHYSICAL THERAPY PROTOCOL

Recommend 2-3x/week for 8 weeks
Please contact office for renewal as needed

Weeks 0-2	<ul style="list-style-type: none"> • Hip brace in place except when bathing – OK to unlock 0-30 degrees • Touch-down weightbearing with crutches and hip brace in place • Hip range of motion limited to 0-30 degrees • Begin isometric strengthening, quadriceps sets, ankle pumps
Weeks 2-6	<ul style="list-style-type: none"> • Hip brace in place except when bathing – OK to unlock to 0-60 degrees • Touch-down weightbearing with crutches and hip brace in place • Begin gentle passive range of motion of knee and hip in PT
Weeks 6-8	<ul style="list-style-type: none"> • Hip brace in place and unlocked • Weightbearing as tolerated with brace unlocked • Continue gentle passive range of motion of knee and hip • Begin gentle active range of motion of knee and hip • Begin isotonic exercises – avoid terminal ranges of motion • Begin core strengthening and closed-chain exercises
Weeks 8-12	<ul style="list-style-type: none"> • Discontinue brace • Weightbearing as tolerated without brace • Continue strengthening • Begin dynamic training
Months 3-12	<ul style="list-style-type: none"> • Weightbearing as tolerated • Progressive knee and hip range of motion • Begin sport-specific exercises • Begin jogging • Anticipate return to sport at 6-9 months following surgery • Isokinetic testing demonstrates strength at least 80% of unaffected side for return