

Hamstring Repair Rehab Protocol

The surgeon must specify on the referral any specific recommendations or deviations outside this protocol.

Phase I Week 0-4	Phase II Week 4-8	Phase III Week 8-10	Phase IV Week 10+
<p>**PT is generally not initiated until ~4 weeks post op</p> <p><u>General Goals:</u></p> <ul style="list-style-type: none"> -Maintain WB restrictions -Allow tissue healing -Manage pain and inflammation <p><u>General Precautions:</u></p> <ul style="list-style-type: none"> -No resisted hamstring x8 weeks <p><u>Brace:</u></p> <ul style="list-style-type: none"> -Brace at all times x6 weeks: settings per surgeon preference <p><u>Weight Bearing:</u></p> <ul style="list-style-type: none"> -NWB x4 weeks -25-50% WB (per surgeon) week 4-6 <p><u>Clinical Implications:</u></p> <ul style="list-style-type: none"> -PROM in brace full flex to 30° (DO NOT FORCE MOTION) at week 4 	<p><u>General Goals:</u></p> <ul style="list-style-type: none"> -Achieve full knee ext -Normalize gait -Progress strength and endurance <p><u>General Precautions:</u></p> <ul style="list-style-type: none"> -No resisted hamstring x8 weeks -No passive hamstring stretching <p><u>Brace:</u></p> <ul style="list-style-type: none"> -Brace at all times x6 weeks: settings per surgeon preference <p><u>Weight Bearing:</u></p> <ul style="list-style-type: none"> -Progress to WBAT week 6-8 <p><u>ROM:</u></p> <ul style="list-style-type: none"> -AROM hip, knee ankle (NO passive stretching into hip flex nor other hamstring stretching) -Gentle gravity-assisted knee ext stretching <p><u>Clinical Implications:</u></p> <ul style="list-style-type: none"> -Quad set isometrics -Multi-planar SLR -Active hamstring curl without resistance in pain free ROM -Lumbo-pelvic stabilization 	<p><u>General Goals:</u></p> <ul style="list-style-type: none"> -Maintain full ROM -Normalize gait -Restore muscle strength & endurance -Restore proprioception & balance <p><u>General Precautions:</u></p> <ul style="list-style-type: none"> -Avoid impact activity -Avoid aggressive eccentric hamstring exercise (esp CKC) -Avoid loading of hip at deep flexion angles-Avoid lengthened hamstring position (hip flex combined with knee ext): recommend working hip ext, knee flex separately <p><u>ROM:</u></p> <ul style="list-style-type: none"> -PROM, AROM to end range hip/knee <p><u>Clinical Implications:</u></p> <ul style="list-style-type: none"> -Aerobic Exercise: biking (low resistance), swimming, elliptical (low resistance) -Light hamstring strengthening and SLR progressing from 1-3# -Initiate CKC exercise: <ul style="list-style-type: none"> -Single leg stance -Double calf raise -Terminal knee ext w/ band -Shallow squats -Light resistance, leg press double leg -Bridging -Step up progression -Initiate proprioception/balance drills -Continue lumbo-pelvic stabilization 	<p><u>General Goals:</u></p> <ul style="list-style-type: none"> -Return to full functional activities -Prepare for return to sports <p><u>Clinical Implications:</u></p> <ul style="list-style-type: none"> -Advance strengthening of single leg CKC exercises: <ul style="list-style-type: none"> -Retro step up -Multi-directional lunges -Single leg squat -Leg press single leg -Progress treadmill walking, biking, elliptical, etc -Initiate impact control exercises at week 12: <ul style="list-style-type: none"> -Begin 2 feet to 2 feet -Progress to 1 foot with land to opposite side -Progress to 1 foot with land to same side <p><u>Criteria to Progress to Functional Training:</u></p> <ul style="list-style-type: none"> -Generally weeks 12-20 -May initiate run/walk program if strength is comparable to contralat leg (generally ~ 3-4 months post op) **Must be able to do 4-6 inch step down with slow control x25-30 reps before initiating running program <p><u>Return to Sports:</u></p> <ul style="list-style-type: none"> -As directed by surgeon: generally return to collision sports after 9 months <p><u>Criteria for Return to Sports:</u></p> <ul style="list-style-type: none"> -No competitive sports until cleared by surgeon -Full and painless AROM -No patellofemoral jt pain -MMT strength 90-100% contralat LE -≥ 85% to contralat LE for single leg hop for distance, 6 meter timed hop, triple jump cross over hop and single leg squat tests.