

## Proximal Hamstring Repair

### Physical Therapy Protocol

#### Brace Instructions:

- **Brace Settings:** Blocked at 30° extension for 6 weeks. OK to unlock to 30-90° while seated.
- **Discontinue Brace:** Approximately 6 weeks post-surgery, based on repair strength.

#### Phase I (Weeks 1–4): Protection & Early Mobility

##### Weight-Bearing:

- TTWB (~10–14 days).
- 25% WB at 14 days, increasing by 25% weekly until crutches are discontinued at Week 5.

##### Range of Motion (ROM):

- PROM as tolerated, starting in Week 2, for hip and knee.
- Initiate gentle AROM by Week 3 or 4.

#### Phase II (Weeks 4–8): Controlled Progression

##### Weight-Bearing:

- FWB if normal gait patterns are demonstrated.

##### Exercises:

- Aquatic walking and ROM exercises.
- Closed-chain exercises with limited ROM.
- Isotonic exercises in limited ROM, avoiding terminal extension.
- PROM: Knee extension and hip flexion.
- Core pelvic strength training.

### **Phase III (Weeks 8–12): Strength & Stability**

#### **Exercises:**

- Progress isotonic strength training.
- Advanced dynamic exercises.
- Core pelvic strength progression.

#### **Strength Evaluation:**

- At Week 10, perform isometric testing at 60° knee flexion.

### **Phase IV (Weeks 10–24): Advanced Training**

- Dry land jogging/running.
- Functional hip testing.
- Sport-specific activities and training.

### **Phase V (Weeks 24+): Strength Testing**

- Full isokinetic evaluation at 60°, 120°, and 180°/second.
- Bilateral comparison upon physician approval.

### **Phase VI: Return to Activity**

- Gradual return to full activity per physician and physical therapist guidance.