

# Proximal Hamstring Repair

## Physical Therapy Protocol

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

- Dry land jogging/running.
  - Functional hip testing.
  - Sport-specific activities and training.
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## **Phase V (Weeks 24+): Strength Testing**

- Full isokinetic evaluation at 60°, 120°, and 180°/second.
  - Bilateral comparison upon physician approval.
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## **Phase VI: Return to Activity**

**“Dr. Trevor” Stefanski, M.D.**  
Minimally Invasive Joint Specialist  
[DrTrevor.com/PT](http://DrTrevor.com/PT) for a printable copy

Innovating **BIG RESULTS**  
Through Small Incisions

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

Phone: 513-232-2663  
Fax: 513-985-2580