

Physical Therapy Prescription – Proximal Hamstrings Repair

Name: _____ Date of Surgery: _____

Procedure: R / L Proximal hamstrings repair

Frequency: 2-3 times per week for 12 weeks

PHASE I (Weeks 0 – 6): Period of protection, decrease edema

- **Weightbearing:** Nonweight bearing on the operative extremity
- **Hinged Knee Brace:** To be worn at all times
 - **Range of Motion:** 50-90 degrees for the first 3 weeks; 90 with hip flexed when sitting and 50 when hip is extended. Can use knee scooter for ambulation or crutches.
 - No active hamstring contractions
 - No hip flexion greater than 45° without knee flexion at the same time, if sitting and hips flexed to 90°, knee brace should be unlocked to 90° to take tension off of hamstrings
 - No active knee flexion against gravity
- **Therapeutic Exercises:**
 - pelvic tilts (5 sec holds x 20/day)
 - isometrics hip abduction/adduction/external rotation (5 sec holds x 10/day)
 - Quadriceps sets (4 x 20 reps/day)
 - 5 Ankle pumps (20-30 reps/hour)
 - Begin passive range of motion of the knee and hip at week 2. Do not exceed hip flexion precautions above. Do not allow knee extension beyond the restrictions stated above and limited by the brace.
- **Modalities:**
 - Light desensitization massage to the incision and posterior hip
 - scar massage

Phase II (Weeks 6 – 12)

- **Weightbearing:** Progression to weight bearing As tolerated, unassisted with restoration of normal gait
- **Hinged Knee Brace:** Can discontinue
- **Range of Motion:** Full
- **Therapeutic Exercises:**
 - Continue week 0-6 exercises, May begin active knee flexion against gravity (concentric), Weight shifts, SAQ, Gentle quadruped rocking, Gentle stool stretches for hip flexion and adduction, Gluteus medius strengthening is progressed to isotonic in a side-lying position (clam shells)
- **Modalities:** Per therapist, ultrasound, heat (before), ice (after)

Phase III (Weeks 12 – 16)

- **Range of Motion:** Full, painless
- **Therapeutic Exercises:** Begin hamstring stretches and strengthening; hamstring curls standing, increase resistance 1 lb at a time (high reps - 50 and high frequency - 5 times daily), when they can go through full pain free arc of motion at 8-10 lbs, can progress from standing to sitting curls. Quarter squats, heel raises, gluteus maximus strength exercises from prone to supine, gluteus medius strengthening,

Phase IV (Weeks 16 – 24): Gradual return to athletic activity

- Perform advanced proprioceptive training, Closed kinetic chain hamstring exercises, Low level plyometric's, Patient may begin a light jogging progression

Phase V (6-9 months): Return to athletic activity

- Can return when no pain with daily activities, hip and knee ROM within functional limits, hamstring strength 75% of the contralateral side

Signature: _____

Date: _____