



Proximal Hamstring Repair Rehabilitation Protocol

Acute:

- **Non-Weight Bearing, brace use required for 3 weeks after surgery.**
 - **Only remove the brace for showering, during shower keep hip flexed to 90° and knee bent at 90°**
 - **Week 1-3:** Braced locked at 70° (or more) of knee flexion.
 - No extension greater than 70° of knee flexion
 - Gentle PROM from full flexion° to 70°, do not force
- **At 3 weeks through return to play**
 - Discontinue Brace
 - Weight Bearing as tolerated
 - Gentle initial ROM, progress as tolerate do not force
 - Functional strengthening, start at 6 to 8 weeks
 - (Co-contraction exercises such as knee bends...)
 - Isolated hamstring resisted strengthening (leg curls...) begin at 2 months
 - Return to sport 4-6 months post Op

Chronic with or without Allograft Reconstruction:

- **Non-Weight Bearing, brace use required for 6 weeks after surgery.**
 - **Only remove the brace for showering, during shower keep hip flexed to 90° and knee bent at 90°**
 - **Week 1-6:** Braced locked at 80° (or more) of knee flexion.
 - No extension greater than 80° of knee flexion
 - At week 3 ok to start gentle PROM from full flexion to 80°, do not force.
- **At 7 weeks through return to play**
 - Discontinue Brace
 - Weight Bearing as tolerated
 - Gentle initial ROM, progress as tolerate do not force.
 - Functional strengthening, start at 8 weeks
 - (Co-contraction exercises such as knee bends...)
 - Isolated hamstring resisted strengthening (leg curls...) begin at 3 months
 - Return to sport 6 months post Op