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 tolerated 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 tolerated 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