

Rehabilitation after Proximal Hamstring Tendon Repair Surgery

	Weight Bearing	Use of Brace	Passive ROM and Active ROM	Strength training	Return to running and sports	Recommended Restrictions
Phase I The 1st week of surgery	TDWB with crutches	-Post-op hip brace to limit hip flexion. -Hip flexion limit to 45°	-Quad sets, active assisted and passive hip and knee flexion, ankle pumps -Hip flexion ROM limit 60° flexion	None	None	-Weight bearing TDWB crutches -Post-op hip brace -Limit hip flexion to 45°
Phase II 2-6 weeks	PWB 50% with crutches	-Continue post-op hip brace -Hip flexion limit to 60° through week 3 -Weeks 4-6 progress hip flexion gradually to 90° by week 6	-Quad sets -Active-assisted and passive hip and knee flexion -SAQ -Ankle pumps -Side-lying hip abduction -Standing calf raises	-None -OK for non-involved limbs	None	-Weight Bearing PWB -0% crutches -No active hamstrings yet -No active hip extension exercises
Phase III 6-12 weeks	Progressively wean crutches over the next 2 weeks to FWB	Discontinue brace per MD	-Progressive active hip and knee flexion -Active stretching all uninvolved muscle groups -Stationary bike	-HS curls antigravity -Hip extension antigravity -At 10 weeks post-op: Progress to ankle weight PRE; progress 1 lb per week to 5 lbs -Bridging -SLR -Wall slides -Clam shells -Partial Squats	Progress slow walking on level surfaces	No running yet

Phase IV 12-16 Weeks	FWB	Neoprene support as needed	-Full ROM -Gentle HS stretching	-Cautious use of weight training machines -Single leg closed chain exercises	Walk progression on level surface with gradual increase in speed and distance	Preparing to run
Phase V 16-20 Weeks	FWB	Neoprene support	Same as phase 4	-Progressive strengthening avoiding overload to HS	Walk to jog progression	No sprinting or speed walking
Phase VI 20-24 Weeks	FWB	Neoprene support	Same	Same	-Progressive run/speed/Agility -Jump training after 24 weeks post-op	Proceed gradually with caution