



## HIP PROXIMAL HAMSTRING REPAIR POST-OPERATIVE GUIDELINES

### Post-Operative Phase 1: Day 1 – Week 6

#### PRECAUTIONS

- Toe touch weight-bearing (TTWB), 20 pounds, with assistive device (AD)
  - Weeks 3-6: advance to 50% WB
- No active hamstring contraction
- Knee brace locked at 30°
- No hip flexion >60°
- No active knee flexion against gravity
  - Knee extension limited arc of motion 0-30° supine

#### TREATMENT RECOMMENDATIONS

- PT visits 1x/week for weeks 0-6
- Knee brace (at all times)
  - Locked at 30° knee flexion
  - Can sit with knee flexed at 90°
  - Cast cover for showering
- Bed positioning
  - Pillow under knee to support knee at 30° flexion
- Home exercise program (HEP)
  - Ankle pumps
  - Short arc quadriceps (SAQ)
  - Posterior pelvic tilt
- Gait training with appropriate AD
  - TTWB surgical leg weeks 0-2; advance to 50% WB weeks 3-6
- Cryotherapy recommended for edema and pain control

#### CRITERIA FOR ADVANCEMENT

- MD clearance at 6 weeks post-operative appointment
- Discharge brace as per surgeon clearance

#### EMPHASIZE

- Maintain WB precautions
- Tissue healing and protection
- Incision care and scar management



## HIP PROXIMAL HAMSTRING REPAIR POST-OPERATIVE GUIDELINES

### Post-Operative Phase 2: Weeks 7-12

#### PRECAUTIONS

- No isolated hamstring strengthening
- No hamstring stretching

#### TREATMENT RECOMMENDATIONS

- Gait training
  - Progression to weight-bearing as tolerated, weaning of AD
- Manual and self LE stretching in supine and standing
  - Hip flexor
  - Hip adductor
- Gentle quadruped rocking
- Weight shifting
- Balance
  - Bilateral LE → single LE → Different surfaces as tolerated
- Bilateral LE heel raises
- Mini squats
  - 0°-45° hip flexion
- Isometric hip abduction, hip adduction and external rotation
- Gluteus medius strengthening
  - Clamshell
  - Side-lying hip abduction
  - Active ROM → resistance, as tolerated
- SAQ
  - Straight leg raise: Short lever arm to long lever arm
- Prone core and gluteal firing sequence
- Stationary bicycle for ROM (begin at ~8 weeks)
- Hamstring isometrics in supine
- May begin active knee flexion against gravity in prone (begin at ~10 to 12 weeks)
- Core strengthening
  - Hooklying core strengthening with upper extremity (UE) movement
  - Isometric bent knee fall out in hooklying
  - Modified side plank (~10 to 12 weeks)

#### CRITERIA FOR ADVANCEMENT

- Normalized gait pattern
- ROM hip (except extension) within normal limits (WNL)
- Single limb stance (SLS) ~ 10 seconds without compensation
- Perform sit to stand with minimal use of UE support



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### Post-Operative Phase 3: Weeks 13-20

#### TREATMENT RECOMMENDATIONS

- Continue previous phase treatments as needed
- Manual therapy
  - Manual eccentric training in prone → Manual resistance exercises
- LE Stretching
  - Gentle hamstrings, hip flexors, adductors, piriformis/glutes
  - Manual and self-stretching
- Hamstring strengthening
  - Hamstring curls in standing with hip in neutral position
  - Increase resistance with emphasis on high repetitions and high frequency
- Standing hip progressive resistance exercises
- Squats and leg press progression
  - Mini to full
  - Bilateral LE → Single LE
  - Concentric strengthening
  - Eccentric strengthening
- Step down: 4" → 6" → 8"
- Side stepping
  - Resistance band at knees (short lever) → ankles (long lever)
- Gluteal bridges: Bilateral LE → Single LE
- Hip hiking
- Front plank after improved stability on side plank
  - Knees (short lever) → feet (long lever)
- Dynamic core progressions
  - Modified side and front plank continued from previous phase → long lever planks
  - UE on stability ball or half-moon stability ball
- Bilateral cable column rotations
  - Pallof press
- Dynamic balance progressions
  - Ball toss
  - Unstable surface
- Light bilateral LE agility may begin in preparation for next phase (~20 weeks)
  - Hopping side to side, forward and backwards

#### CRITERIA FOR ADVANCEMENT

- Descend 6"-8" step with good eccentric control
- SLS > 20 sec without trunk or hip deviations
- Ascend 6" step without assistance



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### Post-Operative Phase 4: Weeks 21-28

#### TREATMENT RECOMMENDATIONS

- Continue previous phase treatments as needed
  - Advanced proprioceptive training
  - Dynamic hamstring interventions
  - Stability ball hamstring curls: Bilateral LE → single LE
- Romanian deadlift
  - Bilateral LE → single LE
  - With and without weight
- Low level agility
  - Jump rope
  - Agility ladder
  - Lunges in multiple directions
  - Bilateral and single LE hopping and movements
- Light jogging progression
- Dynamic core progressions
  - UE or LE on stability ball or half-moon stability ball
  - Lateral and front
- Manual therapy: eccentric training in prone
- Sports specific and multiplanar activity (as tolerated)
  - Forward and lateral bounding: Bilateral and single LE
  - Cutting and pivoting
  - Forward and backwards skips
  - Plyometrics: Squat jumps, box jumps, A and B skips, split jumps
  - Hill running

#### CRITERIA FOR ADVANCEMENT

- MMT within 10% of uninvolved LE
- Sport specific testing
  - Star Excursion Test
  - Hop testing
  - Movement and agility testing

#### EMPHASIZE

- Advanced balance activities
- Posterior chain loading
- Increasing dynamic movements, agility, plyometrics and running with proper form and mechanics