



DR. JONATHON HENRY
PROXIMAL HAMSTRING TENDON REPAIR POST-OP THERAPY PROTOCOL

Phase 1 – Early Protective Phase (0-6 weeks)

Goals for Phase 1	Precautions for Phase 1
<ul style="list-style-type: none">• Protect surgical repair• Control pain• Control swelling	<ul style="list-style-type: none">• Toe touch weight bearing for 6 weeks• Avoid active hamstring contraction• Avoid hip flexion >90 degrees• No active knee flexion against gravity• Knee extension limited pending intra-operative tension on repair

Brace (knee or hip, case dependent)

- **0-6 weeks:** knee brace locked at 60 degrees of flexion (surgeon decision)
- **0-6 weeks:** hip brace set 0-90 degrees

Weight Bearing

- **0-6 weeks:** toe touch weight bearing (max 25 lbs.) with use of crutches

PROM

- **Week 2:** may initiate hip PROM
 - **Limit hip flexion to <90 degrees**

Manual Therapy

- Light desensitization massage around incision and posterior hip region
- Soft tissue mobilization

Strengthening

- Ankle pumps
- Quad sets in knee flexed position
- Abdominal isometrics
- Glute sets

Modalities

- Ice 4-6x per day for 20 minutes per session



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Phase 2 – Intermediate Phase (6-8 weeks)

Goals for Phase 2	Precautions for Phase 2
<ul style="list-style-type: none">• Protect surgical repair• Restore normal gait• Return to pain-free functional ADLs	<ul style="list-style-type: none">• Monitor tenderness at the surgery site• No hamstring stretching exercises• No impact or running

Brace

- Discontinue hip brace at 6 weeks post-op

Weight Bearing

- After 6 weeks, progress back to FWB over 2 weeks beginning with 25% weight bearing and increasing 25% every 3-4 days if the patient has controlled pain and appropriate knee control/quadricep activation

ROM

- Continue with hip and knee flexion PROM
- Hip and knee AROM
- Limit hip flexion to 105 degrees with knee flexed at 90 degrees

Manual Therapy

- Scar mobilization
- Soft tissue mobilization
- Grade 1-2 hip mobilization

Strengthening

- Side lying hip abduction
- Standing calf raises
- Mini squats
- Heel slides
- Short arc quads
- Clam shells
- Core strengthening
- May initiate sub-max isometrics of hamstrings starting at 6 weeks post-operative in supine

Proprioception

- Double leg balance and proprioceptive training

Aquatics

- May initiate when incision is healed
- No resisted hamstring exercises

Modalities

- Ice 2-3x per day for 20 minutes per session



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Phase 3 – Intermediate Phase (8-16 weeks)

Goals for Phase 3	Precautions for Phase 3
<ul style="list-style-type: none">• Return to unrestricted ADLs at home and work• Progressive hamstring loading• Improve LE strength	<ul style="list-style-type: none">• No pain during strength training• Do not overload with repaired tendon

Weight Bearing

- Restore gait mechanics

ROM

- Continue to gradually progress hip and knee range of motion as tolerated within pain-free range

Manual Therapy

- Scar mobilization
- Soft tissue mobilization
- Grade 1-4 hip mobilization as needed

Strengthening

- Stationary biking
- Straight leg raise
- Lunges
- Step-ups and step-downs
- Double leg bridge
- Low load isotonic hamstring activation exercises in shorted hamstring position, gradually progressing to more lengthened hamstring position
- After 12 weeks, may initiate more single leg loading exercises (i.e. single leg squats, single leg RDL, single leg bridge, etc.)

Proprioception

- Single leg balance and proprioceptive training

Modalities

- Ice 2x per day for 20 minutes per session



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Phase 4 – Return-to-Sport/Full Activity (16+ weeks)

<p>Goals for Phase 4</p> <ul style="list-style-type: none"> • Progress muscle strength, endurance, and balance • Progress with multi-directional movements • Progress with impact activities 	<p>Criteria for Return-to-Work, Function, Sport</p> <ul style="list-style-type: none"> • No sprinting until 24 weeks post-op
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Proprioception

- Advanced proprioceptive training with unstable surfaces with perturbations and/or dual tasks
- Sport specific balance tasks

Strengthening

- Gradually progress load of exercises
- Progress with power and speed of exercises
- Nordic curls
- Single-leg Swiss ball bridge to hamstring curls

Agility

- May begin double leg impact when strength is <20% deficit between LE with quadricep and hamstring assessment
- Double to single leg impact
- Gradual increase in vertical jump height

Gait Training/Running

- May begin once Y-balance is <6 cm difference with posterior reaches and <4 cm difference with anterior reach
- Walk to jog progression
- **Week 20**: initiate multi-directional running and cutting drills

Modalities

- Utilize ice as needed

Return-to-Sport

- Physician clearance
- Isokinetic testing >90% LSI
- Hamstring strength >50% BW
- Functional Hop Testing >90% LSI
- No increase in symptoms with sport-specific progressions and testing