



ADVANCED
ORTHOPAEDIC
SPECIALISTS

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Proximal Hamstring Repair Protocol

Phase	Weight Bearing	Assistive Devices	Range of Motion	Treatment Options
Phase I Weeks 0-3	Weeks 0-2: TTWB Weeks 2-3: 25%WB	Worn at all times during 1st week; come out of brace for PT beginning 2nd week post-op; 2 crutches for ambulation	Pain-free manual PROM; NO stretching by patient or PT	NMES+quad sets with knee supported, band-resisted ankle PF/DF/Inv/Ev, Glute sets, PT-assisted prone quad stretch, core isometrics, pain control modalities as needed
Phase II Weeks 3-8	Weeks 3-4: 50%WB Weeks 4-6: 75%WB Week 6: WBAT	1 crutch for ambulation if able Week 4: D/C brace	Pain-free manual PROM; week 4 achieve 45° PROM hip flexion; week 6 begin gentle stretching by patient and PT	Continue Phase I activities. PT-assisted hip and knee ROM and mobilizations within tolerance, belt-assisted heel slides, heel raises, sit-to-stand progression from elevated to lower surface; Week 6 begin stretching.
Phase III Weeks 8-10	WBAT	No assistive devices	Progress self or PT stretching to achieve even bilateral knee and hip ROM	Progress Phase I/II activities as needed. Begin isotonic strengthening using compound movements and avoiding isolation of hamstrings. TKE, lateral band walks, band resisted hip flexion/abduction, AROM hip extension, wall sits, SL balance progression, progress core strengthening
Phase IV Weeks 10-12	WBAT	No assistive device	Knee/Hip AROM WNL	Progress Phase III activities. Begin isolated strength training of the affected hamstring: SL stool pulls, SL hamstring curls standing-seated-prone progression, SL RDL
Phase V Weeks 12+	WBAT	No assistive devices	Knee/Hip AROM WNL	Begin specific return to sport progression; no restrictions