



Rehabilitation after Proximal Hamstring Tendon Repair Surgery

| Post-op Phase | Weight bearing status | Use of brace | Passive ROM and Active ROM | Strength training | Return to running and sports | Recommended Restrictions |
|---|--|--|---|---|---|---|
| Phase One The first week after surgery | TDWB with crutches | Post-op hip brace to limit hip flexion. Hip flexion limit to 45 degrees | 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 Two 2 to 6 weeks after surgery | PWB 50% with crutches | Continue post-op hip brace Hip flexion limit to 60 degrees through week 3 <u>Weeks 4 to 6</u> 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 50% crutches No active hamstrings yet No active hip extension exercises |
| Phase Three 6 to 12 weeks after surgery | 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 postop: Progress to ankle weight PRE; progress 1 lb per week to 5 lb Bridging SLR Wall slides Clam shells Partial squats | Progressive slow walking on level surfaces | No running yet |
| Phase Four 12 to 16 weeks after surgery | 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 4 16 to 20 weeks after surgery | FWB | Neoprene support | Same as phase 3 | Progressive strengthening avoiding overload to HS | Walk-to jog progression | No sprinting or speed work |
| Phase 5 20 to 24 weeks after surgery | FWB | Neoprene support | Same | Same | Progressive run/speed/agility Jump training after 24 weeks post-op | Proceed gradually with caution |