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### PROXIMAL HAMSTRING REPAIR REHABILITATION PROTOCOL

PHASE/GOALS	IMMOBILIZATION	ROM	EXERCISES
<b>PHASE I</b> <b>0-2 weeks</b>  Protect repair  Control edema  Avoid sitting at 90 degrees  Avoid hip flexion with knee extension	TTWB x 2 weeks  Knee brace: 60 degrees(locked)  Worn all times including sleep.	Knee PROM 40-90 degrees  Avoid active knee flexion x 6 weeks  Hip PROM (-15 to 60 degrees)  NO hip flexion > 60 degrees	Gait training with crutches  Calf pumps  Glutes and Transverse Abs isometrics  Edema control
<b>PHASE II</b> <b>3-4 weeks</b>  Protect repair  Advance knee PROM  Avoid hip flexion with knee extension	20 lb foot flat WB weeks 3 & 4	Knee PROM 30-120 degrees  Hip PROM (-15 to 60 degrees)  No hip flexion > 60 degrees  No active hip extension	Continue with above  Begin quad sets, SAQ  Maintain hip flexion < 60 degrees  Sidelying hip abduction  Scar massage
<b>PHASE III</b> <b>5-6 weeks</b>  Protect repair  Advance hip ROM  Painfree 50% WB	Advance to 50% WB  D/C brace @ 6 weeks	Knee PROM as tolerated  Advance hip flexion to 90 degrees as tolerated  No active hip extension	Continue with above  Stand calf raises  TKE (closed chain)  Sidelying clams, glute medius strengthening

<p><b>PHASE IV</b> <b>7-8 weeks</b></p> <p>Normalize gait</p> <p>Return to ADLs</p>	FWB @ 6 -7 weeks	<p>Full PROM</p> <p>Begin AROM knee and hip</p> <p>Avoid combined knee extension and hip flexion until 12 weeks</p>	<p>Stationary bike (no resistance)</p> <p>Stairmaster</p> <p>Standing hamstring curls</p>
<p><b>PHASE V</b> <b>9-12 weeks</b></p> <p>Early strengthening, endurance work</p>	FWB	<p>Full</p> <p>Avoid combined knee extension and hip flexion until 12 weeks</p>	<p>Initiate hamstring isometrics</p> <p>Prone and standing hamstring curls</p> <p>Supine bridges</p> <p>Elliptical</p>
<p><b>PHASE VI</b> <b>13-16 weeks</b></p> <p>Strengthening</p> <p>Return to sport progression</p> <p>Work hardening</p>	FWB	<p>Full</p> <p>Begin endrange /terminal hamstring stretching</p>	<p>Advance isotonic strength and closed chain strengthening</p> <p>Walk to jog program</p> <p>Light plyometrics</p> <p>Sport-specific drills w/ surgeon ok</p> <p>Begin work hardening</p>
<p><b>PHASE VII</b> <b>Weeks 17+</b></p> <p>Full, unrestricted activities</p> <p>Return to sport/work</p>	FWB	<p>Full</p> <p>Advance hamstring stretching as tolerated</p>	<p>Progress to eccentric hamstring strengthening</p> <p>Isokinetic &amp; functional hop tests</p>

Return to sport criteria:

- Surgeon ok
- Functional hop testing > 90 % opposite side
- No increase in symptoms with sport specific progression

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Proximal Hamstring Repair Rehabilitation Protocol