

## Distal Hamstring Repair Protocol

| Phase/ Goals  | Immobilization   | ROM  | Therapeutic Exercises  |
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| <b>Phase 1 (0-2 weeks)</b><br><br>Goals: <ul style="list-style-type: none"> <li>● Protect repair</li> <li>● Prevent muscle atrophy</li> <li>● Control post-op inflammation</li> </ul>             | <u>Brace:</u> locked at 60 degrees of flexion<br><br><u>Weightbearing:</u> touchdown x 2 weeks | <ul style="list-style-type: none"> <li>● May passively flex knee</li> <li>● Avoid hip flexion beyond 90 degrees</li> <li>● Avoid resisted knee flexion</li> </ul> Modalities: <ul style="list-style-type: none"> <li>● Cryocuff/Game Ready Compression/ Ice</li> </ul> | <ul style="list-style-type: none"> <li>● Glute sets</li> <li>● Ankle pumps</li> <li>● Sidelying straight leg raises</li> </ul>   |
| <b>Phase 2 (2-6 weeks)</b><br><br>Goals: <ul style="list-style-type: none"> <li>● Eliminate swelling</li> <li>● Slowly extend knee</li> <li>● Regain pain-free ROM</li> <li>● Full ROM</li> </ul> | Hinged knee brace 45-120 week 3<br><br>Then 30-120 week 4<br>Then fully unlocked afterwards    | <ul style="list-style-type: none"> <li>● Begin AROM after week 4</li> </ul> Modalities: <ul style="list-style-type: none"> <li>● Gentle prone hamstring stretch</li> <li>● Prone hangs</li> <li>● Manual assist extension/passive stretch</li> </ul>                   | <ul style="list-style-type: none"> <li>● Gait training with good quad control</li> <li>● LE stretching: HS, quads, ITB, piriformis (pain free)</li> <li>● Quad sets/glute sets, clams/mini-hydrants/glute pushes</li> <li>● Calf raises on leg press</li> <li>● Leg press</li> <li>● Standing TKEs after week4</li> </ul>          |
| <b>Phase 3 (7-10 weeks)</b><br><br>Goals: <ul style="list-style-type: none"> <li>● Pain free ADLs</li> <li>● Normal knee ROM</li> <li>● Normal gait</li> <li>● Initiate running</li> </ul>        | Wean brace if has not already  | Maintain Full A/PROM<br><br>Manual: <ul style="list-style-type: none"> <li>● Scar manipulation</li> </ul> Modalities: <ul style="list-style-type: none"> <li>● Ice/stim PRN</li> </ul>   | <ul style="list-style-type: none"> <li>● Bike, elliptical, stair master</li> <li>● Step ups/lateral step over's- progress to faster pace</li> <li>● Perturbation – wobble board, bosu</li> <li>● Balance progression</li> <li>● Lateral walks with sport cord</li> <li>● SLS dynamic surfaces with ball toss</li> <li>●</li> </ul> |

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| <p><b>Phase 4 (10+ weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Jogging without pain/swelling</li> <li>● No patellar apprehension</li> <li>● Demonstrate patellar tracking symmetry through movements</li> </ul> |  | <ul style="list-style-type: none"> <li>● Full A/PROM</li> </ul> | <ul style="list-style-type: none"> <li>● Begin walk-jog progression week 14 if full ROM/no edema/full strength and can perform SL hops x10 pain-free</li> <li>● Bilateral leg plyometric program</li> <li>● Continue everything in phase 3</li> <li>● Advance LE strength and flexibility</li> <li>● Advance cross training</li> <li>● Muscular power – squats, split jumps</li> <li>● Advance plyometric program if has good eccentric capabilities: Jump down, horizontal jump, cutting and decelerations if getting back to sport</li> </ul> |