

Aaron J. Casp, MD

Sports Medicine, Hip, Knee, and Shoulder Surgery

1201 11th Ave S

Birmingham, AL 35205

Ph: (205) 930-8339

Proximal Hamstring Tendon Repair Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
Phase 1 (0-2 weeks) Goals: <ul style="list-style-type: none">● Protect repair● Decrease swelling● Emphasis on weightbearing restrictions	Hinged knee brace locked in 30 degrees flexion Touch-down weightbearing with crutches Can remove brace for hygiene and therapy Avoid walking without brace for 6 weeks	<ul style="list-style-type: none">● No active knee flexion or hip extension● Passive hip flexion to 60 degrees when knee flexed● AVOID simultaneous knee extension/hip flexion Modalities: <ul style="list-style-type: none">● Compression/ Ice	<ul style="list-style-type: none">● Quad isometrics/quad sets● Ankle pumps● Core/abdominal isometrics● Crutch work/weightbearing compliance
Phase 2 (2-6 weeks) Goals: <ul style="list-style-type: none">● Control pain/inflammation● Promote healing● Begin gentle scar massage for desensitization	Knee brace locked at 0 degrees during ambulation OK to unlock brace at other times 50% weightbearing with crutches	<ul style="list-style-type: none">● Passive knee ROM with hip in full extension● Advance knee extension gradually as tolerated to 0°● Gradually add active-assisted knee flexion/hip extension● Hip flexion up to 90 degrees with knee flexed	<ul style="list-style-type: none">● Continue quad isometrics/quad sets● Ankle pumps● Begin active-assisted hip abduction● Seated/standing calf raises● Active assisted ROM of hip and knee● Side-lying hip abduction● Upper body strengthening

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<p>Phase 3 (6-12 weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Return normal ROM• Normalize gait• Pain free ADLs, therapeutic exercise	<p>Unlock brace with ambulation</p> <p>Progress to weight-bearing as tolerated</p> <p>Wean brace and crutches over 2 week period</p>	<ul style="list-style-type: none">• Full A/PROM• Start gradual active knee flexion• Start gradual active assisted hip extension• Continue to protect AGAINST simultaneous knee flexion/hip extension <p>Modalities:</p> <ul style="list-style-type: none">• Ice/stim PRN	<ul style="list-style-type: none">• Hip abductors/adductor strengthening• Continue quad strengthening• Incorporate stationary bike with seat high• Anti-gravity hamstring curls• SLR in all directions• Bridges• Clamshells• Wall slides• Half squats
<p>Phase 4 (12+ weeks)</p> <p>Goals:</p> <ul style="list-style-type: none">• Full ROM• Progress back to normal activities	<p>Limited based only on pain and functional ability/strength</p> <p>No brace or crutches</p>	<ul style="list-style-type: none">• Full A/PROM• Continue gradually increasing hamstring stretch and hip/knee flexibility	<ul style="list-style-type: none">• Progress abductors/adductors• Advance LE strengthening/flexibility• Closed chain exercises• Progressive resistance exercises• Advance core stability• Walk progression on uneven surfaces• 16 weeks: walk/jog progression• 20 weeks: progressive running/agility program

For questions about operative details or rehabilitation guidelines, please contact Dr. Casp's athletic trainer at williamgunnett@uabmc.edu