



# Proximal Hamstring Repair

**Brian Bjerke, MD**  
Post-Operative Protocol

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## **Phase I – Maximum Protection (Weeks 0 to 6):**

- Use crutches x 6 weeks
  - NWB x 4 weeks
  - 25-50% WB weeks 4-6
- Brace on at all times except hygiene/showers for 6 weeks
  - Week 1-3: Brace locked at 60-80 degs of knee flexion.
  - Week 3-6: Brace opened to allow knee extension to 30 deg
- **Week 3-6:**
  - Start PROM in brace full flexion to 30 deg (**do not force motion**)

## **Phase II – Progressive ROM and Early CKC Strengthening (Weeks 6-12):**

- **Weight bearing as tolerated**

### Exercise progression

- Gait training – normalize
- Bilateral squat progression (mini squats with very gradual progression in depth)
- Multi-plane open and closed kinetic chain hip strengthening
- Step-up progression
- Stationary biking and treadmill/outdoor walking, elliptical as tolerated
- Proprioception drills
- Leg press
- Gentle hamstring isometrics at 10 weeks
- Deep water pool program when incisions are completely healed

**Phase III – Advanced Strengthening and Endurance Training (Weeks 12-16):**

Exercise progression

- Squat progression adding weight as tolerated
- Isolated hamstrings strengthening
- Lunge progression (retro, walk and split) as tolerated (gradual increase in ROM)
- Outdoor biking as tolerated
- Swimming free style
- Backward elevated treadmill walking

**Phase IV – Advance Strengthening and Running progression (Weeks 16 to 24):**

Exercise progression

- Progress resistance with squat and lunge strengthening program
- Pool running gradually progressing to land based as tolerated
- Basic plyometric box progression

Return to Sport and Functional Drills (begin at 4-5 months)

- Interval golf program
- Sport specific field/court drills

Sports test and follow-up with physician (5-6 months)

- Follow-up examination with the physician
- Sports test for return to competition

**Please have the physical therapist call Dr. Bjerke with any questions regarding the rehabilitation protocol. 952-456-7000**