

## PROXIMAL HAMSTRING TENDON REPAIR – REHAB PROTOCOL

- ▶ avoid hip flexion coupled with knee extension
- ▶ hip brace orthosis & knee flexion protected to avoid stress on tendon repair
- ▶ use crutches to weight bear for 6 weeks – may begin ambulating immediately post-op

PHASES & TIME LINES	REHABILITATION GUIDELINES	GOALS
Phase 1 0–6 weeks	<ul style="list-style-type: none"> <li>▶ axillary crutches for first 6 weeks</li> <li>▶ hip brace orthosis to protect from hip flexion until week 6</li> <li>▶ week 0-2 : toe touch weight bearing</li> <li>▶ week 2-4 : 25-50% weight bearing</li> <li>▶ week 4-6 : 50-100% weight bearing</li> <li>▶ quad sets, ankle pumps, abdominal isometrics</li> <li>▶ passive knee ROM with no hip flexion during knee extension</li> <li>▶ hip abduction, hip extension, and balance exercises</li> <li>▶ gentle active ROM of hip and knee begun at week 4</li> <li>▶ functional electrical stimulation (for quads control, as needed)</li> <li>▶ modalities for inflammation as needed</li> </ul>	<ul style="list-style-type: none"> <li>▶ passive ROM</li> <li>▶ pain control</li> <li>▶ protection of tendons</li> </ul>
Phase 2 6–12 weeks	<ul style="list-style-type: none"> <li>▶ avoid dynamic stretching, avoid loading of hip at deep flexion angles</li> <li>▶ remove hip &amp; knee bracing</li> <li>▶ stationary bike</li> <li>▶ gait training, no impact or running</li> <li>▶ begin hamstring lengthening, work hip extension &amp; knee flexion moments separately - start with isometric and concentric strengthening with hamstring sets - heel slides, double leg bridge, standing leg extensions</li> <li>▶ hip &amp; core strengthening</li> </ul>	<ul style="list-style-type: none"> <li>▶ active &amp; passive ROM</li> <li>▶ normalize gait</li> </ul>
Phase 3 12–16 weeks	<ul style="list-style-type: none"> <li>▶ continue hamstring strengthening to include in lengthened position</li> <li>▶ proprioceptive exercises (start bilaterally and progress to unilateral)</li> <li>▶ impact control exercises &amp; movement control exercises beginning with low velocity, single plane activities, progressing to higher velocity, multi plane</li> <li>▶ biking, elliptical, stair master, pool deep water running</li> <li>▶ attain near full 5/5 strength of hamstring muscle testing</li> <li>▶ sport/work specific balance &amp; proprioceptive drills</li> <li>▶ stretching for patient specific muscle imbalances</li> </ul>	<ul style="list-style-type: none"> <li>▶ hip strength near full</li> </ul>

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