



## **Rehabilitation of Proximal Hamstring Repair**

### **Phase I: Acute Phase (Weeks 0-6):**

**Goals:** Diminish pain and inflammation

Gradually improve weight bearing

Retard muscular atrophy and strength loss

Enhance healing of repair

### **Immediately following surgery:**

- Cryotherapy, compression wrap
- High voltage stimulation to control swelling
- Monitor wounds
- PROM exercises
- Crutches 4-6 weeks
- TTWB 4-6 weeks
- Gradually decrease hip flexion angle (avoid greater than 50 degrees hip flexion with knee extended)
- Teach patient how to transfer safely and gait training in crutches
- Avoid eccentric loading with gait and exercise

### **Exercises:**

- Gentle stretch in hip flexors, quadriceps, calf and hip adductors (monitor hamstring symptoms)
- Quad sets
- Ankle strengthening
- Hip isometrics to abductors and adductors
- Initiate core stabilization drills (abdominal and back)
- ROM exercises: perform post-exercise regimen
- Modalities for pain

## **Phase II: Subacute Phase (weeks 6-12)**

**Goals:** Improve Flexibility and ROM

Enhance muscular strength and endurance

Promote healing of injured structures

Control an inflammation and pain

- Superficial heat to injured hamstring or contrast heat/cold
- Ultrasound over injured area
- Soft tissue mobilization and massage
- Restore normal gait – progress to FWB over next 2-3 weeks