

POST-OPERATIVE REHABILITATION: HAMSTRING REPAIR

Therapy Plan: Twice per week for 1-3 months, once per week for 3-6 months

ROM Progression

Brace locked at 45 degrees knee flexion for 0-4 weeks.

- NO combined hip flexion and knee extension for 12 weeks
- Weeks 4-6: Progress ROM 30-90 degrees
- Weeks 6-12: Progress to full knee ROM with hip extended
- Weeks 12+: Progress to full symmetric hip and knee ROM

Weight Bearing Progression

Initial weight bearing 0-4 weeks after surgery should be 25% body weight.

- Progress weight bearing over weeks 4-6 with the goal of removing crutches at 6 weeks
- Do NOT progress to one crutch - gait must be pain free and non-compensatory to remove both crutches
- Brace should remain in place until strength is sufficient for gait stability

Initial Post-Operative Physical Therapy Visit (4 weeks)

- Correctly perform 25% body weight bearing with crutches
- Correctly instruct in bracing unlocked 30-90 degrees at rest, locked for ambulation
- Isometric exercises for core, glutes
- Soft tissue mobilization

Phase 1 Physical Therapy (4-6 weeks): protect the repair and avoid irritation

- NO open-chain exercises
- Manual therapy 20+ minutes per session
- Progress gentle stretching as above
- Initiate progressive weight bearing with tactile and verbal cueing to enable non-compensatory gait
- Soft tissue mobilization, isometric exercises, core strengthening

Phase 2 Physical Therapy (6-12 weeks): non-compensatory gait and progression

- Tactile and verbal cueing to enable non-compensatory gait patterning, wean off crutches and brace
- Progress gentle stretching as above
- Soft tissue and joint mobilization, isometric exercises, core strengthening

Phase 3 Physical Therapy (12-24 weeks): return to pre-injury level

- Progressive strengthening as tolerated with closed-chain exercises
- Soft tissue and joint mobilization, core strengthening
- Focus on functional exercises in all planes, advance only when fully controlled
- Elliptical may begin at 12 weeks, running may begin at 14 weeks, sprinting may begin at 20 weeks

Phase 4 Physical Therapy (24+ weeks): return to sport

- Full return may take a full 6-12 months or more and requires functional assessment prior to return
 - Functional assessment includes less than 10% strength deficit compared to contralateral side
- Soft tissue and joint mobilization, closed-chain exercises, core strengthening
- Plyometric and sport-specific drills may begin at 24 weeks