

Proximal Hamstring Repair Protocol

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For patients with hip abduction brace:
Ambulation with crutches TTWB x 2 weeks (can WBAT if cleared by MD/partial tear)
Advance to FWB by 4 weeks with continued use of crutches for 6 weeks if needed
Discontinue brace at 6 weeks

For patients with knee ROM brace:
Ambulation with crutches NWB x 6 weeks (can TTWB when extension in brace is at 30 if comfortable)
Flexion set at 90 degrees x 2 weeks, 60 degrees x 2 weeks, 30 degrees x 2 weeks, then can progress to full extension of hip and knee at 6 weeks as tolerated.
Can progress to FWB and off crutches starting at 6 weeks.
Discontinue brace once ambulating without crutches comfortably, with normal gait and good quad control.

PROM Hip at 2 weeks
Active hip flexion at 4 weeks
Initiate isotonic strengthening at 6 weeks
Initiate isokinetic strengthening at 8 weeks, also aquatic therapy at this time if necessary, and progression of core pelvic and closed chain exercises.
Dry land training and sport-specific training at 12 weeks but no sprinting
Return to sport needs to be cleared by MD (usually 5-8 months)