Tendinopathic Proximal Hamstring Repair Rehabilitation Protocol

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This protocol provides general guidelines for rehabilitation following tendinopathic proximal hamstring repair. Progression should be individualized based on the procedure, healing, and patient response, with modifications as directed by the surgeon.

Phase	Goals	Precautions / Restrictions	Treatment

Weeks 0-3	● Decrease pain and inflammation
	● Minimize muscle atrophy
	● **Protect healing repair**
		● Gait: **Non weight bearing**
		● Brace locked in **90°** knee flexion, 24/7, except for hygiene
		● **No hamstring stretching or tension on graft, comfortable range only**
		● **No position of maximum tension: hip flexion + knee extension**
			General guidelines
			● PRICE principles
			● Isometrics: quadriceps, hip abduction, hip adduction, abdominals
			● Passive range of motion:
			  ● Hip
			  ● Knee (full flexion to **90 deg**)
			● Active range of motion: hip abduction, hip flexion, hip adduction, ankle
			● Upper extremity exercise as long as **no stress to repair**
			Initial visit
			● FOTO, LEFS

Weeks 3-6	● **Protect healing repair** ● **Normalize gait mechanics** ● Return to **normal movements of daily living**	● Gait: Progressive weight bearing as tolerated ● Discontinue brace ● **No hamstring stretching** ● **No isolated hamstring strengthening**	**General guidelines** ● Progress to independent ambulation with **normal gait mechanics** ● Begin unresisted active knee flexion ● Begin straight leg raise (comfortable range) ● Initiate closed kinetic chain exercises with squatting pattern ● Initiate single leg balance/proprioception ● Initiate stationary bike (as ROM allows, may need high seat) ● Aquatics (if available) once incision heals **Week 6** ● FOTO, LEFS
Weeks 6-12	● Symmetric ROM ● Progress muscle strength, endurance, power ● Return to vocational activities	● **No hamstring stretching** ● **No isolated hamstring strengthening/curls**	**General guidelines** ● Begin hamstring isometrics ● Progress lower extremity and core strengthening ● Initiate bridging progression ● Begin walking program **Weeks 8-10** ● Initiate elliptical at 8-10 weeks **Week 12** ● FOTO, LEFS

Phase	Goals	Precautions / Restrictions	Treatment
Weeks 12+	● Progressive return to recreational activity	● **Avoid painful activity** ● **No isolated hamstring strengthening/curls—OK for closed chain functional strengthening**	**General guidelines** ● Initiate hamstring stretching, if needed ● Advance walking program (inclines/declines) **Anticipated final visit** ● FOTO, LEFS