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REHABILITATION PROTOCOL – PROXIMAL HAMSTRING REPAIR

Phase I (0-6 weeks)

Goals:

- Prevent muscular inhibition
- Protect integrity of repair
- Management of inflammation, pain

Weight Bearing: Foot flat with crutches. Advance to 50% weeks 3-6

- Knee brace in place while ambulating
- Brace off for PT, sitting, sleeping

ROM/Precautions:

- No active knee flexion or hip extension
- Limit hip flexion with knee extended
- Passive hip flexion up to 90° with knee in flexion
- Active-assisted hip abduction

Exercises:

- Ankle pumps, quad sets, glute sets
- Heel slides, abdominal isometrics
- Side lying hip abduction (start week 2-3)
- Upper body strength training
- Supine hip IR/ER

Phase II (6-12 weeks)

Goals:

- Restore functional ROM and pain-free ADLs
- Normalize gait pattern
- Focus on regaining full ROM

Weight Bearing: as tolerated

- Wean from brace as tolerated

ROM: Full

Exercises:

- Continue as above
- Focus on quad strengthening
- Stationary bike with minimal resistance
- Straight leg raises
- Bridges
- Quarter air squats
- Clam shells
- Step ups (start at week 10)
- Step downs (start at week 10)

Phase III (After 12 weeks)

Goals:

- Improve strength, proprioception, endurance

Weight Bearing: As tolerated

ROM: Full

Exercises:

- Continue as above
- Closed chain strengthening quads, hamstrings → advance to open chain
- Side-lying active hip abduction and prone hip extension
- Lunges
- Full air squats (introduce light weights as tolerated)
- Single leg closed chain exercises
- Stairmaster, elliptical
- Leg press
- Proprioception exercises (balance board, single leg stance)

Phase V (Post 16 weeks)

Weight Bearing: As tolerated

ROM: Full

Exercises:

- Continue as above
- Progression to running
- Plyometrics; progress to double leg multiplanar and single leg multiplanar
- Agility work
- Return to sport exercises at 20 weeks