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Post-Operative Protocol-Proximal Hamstring Repair

Patient Name: _____ Date: _____

Diagnosis: _____ Date of Surgery: _____

_____ Provide patient with home exercise program

0-2 Weeks: TDWB in brace in extension with crutches

Brace locked at all times, maintaining hip extension to protect repair

Ankle pumps to prevent DVT

Quad sets

2-6 Weeks: Continue exercises from previous phase

Advance to 50% PWB with crutches, then progress to full weight bearing at 5-6 wks.

PROM of hip and knee (do not flex hip and extend knee at same time)

Begin with PROM from 0-40 degrees and progress 10 degrees weekly

Begin pool walking if available (avoid hip flexion with knee extension)

Begin hip extension, abduction and balance exercises

6-8 Weeks: WBAT with brace unlocked

Initiate with relatively small stride length, and then progress to normal over 2 week period

D/C brace when motion full and strength adequate for balance

D/C crutches when gait normalized

Avoid dynamic stretching, running

Stationary bike

Isometric strengthening, avoid hip flexion with knee extension (work hip extension and knee flexion separately)

8-12 Weeks: WBAT without brace

Full ROM

Continue per above phase

12-16 Weeks: Progress Strengthening exercises to strengthening in lengthened hamstring positions

Single leg strengthening

Hip and core strengthening

Begin jogging and progress to running

Sports specific exercise

16 Weeks to 6 mo.: Continue strengthening

Progress to sprinting

Return to sport

_____ Modalities as indicated

_____ days/week x _____ weeks

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