

PROXIMAL HAMSTRING REPAIR

Phase I: 0-4 Weeks

Goals:

- Protective Phase

Exercises:

- Cryotherapy for pain and swelling control 3-5x/day
- Suspension sling-immobilizer when up
- Teach patient how to transfer from supine to sit, stand to sit, as well as perform ADLs safely. (Avoid greater than 60 degrees of hip flexion with the knee extended during any and all activities, ie. sitting.)
- Heel props with quad sets in (supine position only) to avoid knee stiffness and quad shutdown.

Phase II: 4-6 Weeks

Goals:

- Discontinue suspension sling-immobilizer
- Restore normal gait
- Pain free and normal functional ADLs

Exercises:

- Restore normal gait pattern (emphasize good leg control with extension of the knee during the swing phase and heel strike)
- Improve ADL function, i.e. sit --- stand, stairs, etc
- Begin light hamstring strengthening with low loads, high reps and high frequency by performing hamstring leg curls in standing with the hip extended. Start with zero resistance then progress as tolerated 1 pound at a time - 2x20, 4-5x/day
- Begin Total Leg Strengthening (TLS):
 - Heel raises
 - Quad sets (active heel lift)
 - Short arc quads
 - General hip strengthening in side lying (gluteus maximus and medius progressions as well as adductors)
 - Single leg balance for proprioception
- No hamstring flexibility or stretching exercises are to be performed during this phase. Lengthening of the repair and return of normal hamstring flexibility will be allowed to occur on its own.
- Light desensitization massage to the incision may help alleviate discomfort during this phase. Some patients may also benefit from an extra seat cushion while sitting.

Phase III: 6-12 Weeks

Goals:

- Pain-free performance of non-impact aerobic activities
- Unrestricted ADLs at home and work

Testing:

- Monitor hamstring flexibility and tenderness of surgery site

Exercises:

- Begin non-impact aerobic conditioning as tolerated with any of the following;
 - Stationary bike
 - Stairmaster
 - Elliptical trainer
 - Nordic track
 - Aquatic therapy with swimming and/or functional activities in the water (Avoid forceful, explosive or repetitively strainful activities, ie; starts, turns, breast stroke, etc.)
- Continue to progress TLS as tolerated;
 - ¼ squats
 - Step downs
 - Leg press
 - Knee extensions
 - Heel raises
 - Hip abductor strengthening in standing with tubing or machine
 - Balance and proprioceptive training
- Progress hamstring strengthening in standing by increasing weight or initiating theratubing
- Patient may progress to the prone position on a machine and then to seated leg curls (with the hip flexed at 90 degrees) on a machine or with tubing as tolerated.

Phase IV: 3-6 Months

Goals:

- Successful completion of a functional progression for return to work or leisure sports

Testing:

- Monitor hamstring flexibility
- Isometric leg press and Cybex isokinetic testing at the end of this phase

Exercises:

Restore normal hamstring flexibility, if necessary

Continue balance and proprioception retraining

Progress TLS program to include:

- Advanced step down progression
- ¼ - ½ squats with hand held weights
- Straight leg raises with ankle weights or theratubing
- Advanced weight room exercises (Including closed kinetic chain hamstring strengthening)
- Patient may begin a light jogging progression at approximately 5-6 months
- Patient may begin a progression back to competitive activities once strength is over 75% (Compared to non-involved side)
- Some patients may find a compressive thigh sleeve to be beneficial for these activities