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Proximal Hamstring Repair Rehabilitation Protocol

- **Non-Weight Bearing, brace use required for 4 - 6 weeks after surgery. Only remove the brace for showering, keep hip flexed to 90° and knee bent at 90°**
 - **Week 1-2:** Braced locked at 60° of knee flexion (Gentle PROM from full flexion° to 60°, **do not force**)
 - **Week 3-4:** Braced with extension stop at 30° of knee flexion (Gentle PROM allowed from full flexion° to 30°, **do not force**)

- **6 weeks- return to play time frame**
 - Weight Bearing as tolerated
 - Gentle initial ROM, progress as tolerate **do not force**
 - Functional strengthening, start at 6 to 8 weeks
 - (Co-contraction exercises such as knee bends...)
 - Isolated hamstring resisted strengthening (leg curls...) begin at 2 months
 - Return to sport 4-6 months post Op