

PT PROTOCOL

Proximal Hamstring Tendon Repair

Rehabilitation Protocol

Weight-Bearing Status

ONLY IF DIFFERENT FROM PROTOCOL BELOW

Weight-bearing and bracing may be modified based on tear pattern, repair tension, and any concomitant procedures performed. Follow the weight-bearing status in the phases below unless a different status is indicated here.

☐ Non-weight-bearing ☐ Toe-touch / partial weight-bearing ☐ Weight-bearing as tolerated

Brace / precautions: _____

1

Weeks 0–6

Protect repair; toe-touch WB, hip brace, gentle PROM only

2

6–12 Weeks

Discontinue brace/crutches; normalize gait, begin hamstring strengthening

3

Months 3–6

Full WB; sport and/or work-specific movement training

Milestones above are goals, not guarantees; progression is criterion-based.

Phase 1 Weeks 0–6

Weight-Bearing: Toe-touch weight-bearing with crutches.

Brace: Hip brace to block active hip flexion. If a harness-style brace is used, keep the knee at 80° of flexion with the hip in extension.

Range of Motion

- Gentle passive range of motion only.
- Avoid hip flexion coupled with knee extension at all times.

Progression criteria: 6 weeks postoperative.

Phase 2 Weeks 6–12

Weight-Bearing: As tolerated; discontinue crutches.

Brace: Discontinue.

Range of Motion

- Normalize gait pattern.
- Progress range of motion.

Therapeutic Exercises

- Stationary bike.
- Hip and core strengthening.
- Begin hamstring strengthening, but avoid dynamic stretching.
- Avoid loading the hip at deep flexion angles.
- No impact activity or running.

Progression criteria: normal gait, single-leg balance greater than 15 seconds, and 5/5 hamstring strength in prone with the knee at 90° or greater flexion.

Phase 3

Months 3–6

Weight-Bearing: Full.

Therapeutic Exercises

- Work on sport- and/or work-specific movements and training.