



Rehab Protocol

Hamstring Repair

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Hamstring Repair

Post-op recovery		First 2 weeks	Date
Goals	<ul style="list-style-type: none"> • Protect the hip and surgical incision • Recover from swelling and inflammation • Control of post-surgical pain 		
Precautions	<ul style="list-style-type: none"> • Touch-weight bearing on crutches • No hamstring stretches • Best position is hip extended (pushed backwards) and knee flexed (bent) • Worst position is hip flexed up and knee extended (out straight) 		
Recommendations	<ul style="list-style-type: none"> • Rest as desired • Mobilise on a kneeling scooter where able • Do not swing leg forward with knee straight • Ice the hip as desired – particularly in the first week • Range of motion exercises of ankle • Range of motion exercises of knee 		
Suggested exercises	<ul style="list-style-type: none"> • Stretching: <ul style="list-style-type: none"> • Supine abduction and adduction • Gentle pendulum movement of the leg when standing • Strengthen: <ul style="list-style-type: none"> • Static gluteal and Quads contractions • Isometric abduction, adduction • Flex and extend the knee when standing (hip extended – knees side by side) • Range of motion of the ankles – ankle pumps 		

Phase 1		Week 2 to week 6	
Goals	<ul style="list-style-type: none"> • Protect the hip and surgical incision • Recover from swelling and inflammation • Control of post-surgical pain • Begin to gain control of the leg 		
Precautions	<ul style="list-style-type: none"> • Touch weight bearing with crutches 		
Recommendation	<ul style="list-style-type: none"> • Mobilise on a kneeling scooter where able • Do not swing leg forward with knee straight • Range of motion exercises of ankle • Range of motion of the knee 		
Suggested exercises	<ul style="list-style-type: none"> • Hip abduction standing – side only (not backwards) • Side leg raise – leg straight and leg bent • Supine and standing leg extensions • Core strengthening abdominals • Flex and extend the knee when standing (hip extended – knees side by side) • Range of motion of the ankles – ankle pumps 		

Phase 2		Week 7 to week 12
Goals	<ul style="list-style-type: none"> • Begin to walk normally (11-12 weeks) • Increase range of motion 	
Precautions	<ul style="list-style-type: none"> • Partial weight bear (20 kg) for 2 weeks (week 7,8) • Partial weight bear (50 kg) for 2 weeks (week 9,10) • One crutch (opposite to operated side) for one week • Discard crutches if comfortable week 12 • No hamstring stretches 	
Recommendations	<ul style="list-style-type: none"> • Begin to gently engage hamstring and include in movements • No resistive strength training of hamstring – weight of the leg only • No running • Gradually increase walking distance 	
Suggested exercises	<ul style="list-style-type: none"> • Hip abduction standing – side and back at 45 degrees • Side leg raise – leg straight and leg bent • Supine straight leg raise • Supine and standing leg extensions • Core strengthening abdominals • Single leg stance exercises for balance and neuromuscular control (after week 11) • Double calf raise – progress to single (after week 11) 	

Phase 3		3 Months – 6 months
Goals	<ul style="list-style-type: none"> • Comfortably walk normally • Strengthen • Normal functional daily activities 	
Precautions	<ul style="list-style-type: none"> • Avoid collision sports or high risk recreational activity • Return to running or physical activity slowly in a graduated fashion 	
Recommendations	<ul style="list-style-type: none"> • Concentrated full rehab program that includes strengthening of core, hip flexors, gluteal muscles, external rotators of the hip, quadriceps, hamstrings and calves. Gain in confidence during athletic activity. Neuromuscular control and co-ordination of leg • Long walks 	
Suggested exercises	<ul style="list-style-type: none"> • Thermapand exercises for gluteals and abductors • Lunges • Step up, step downs • Squats (limit to 60 degrees if using weights) • Leg press • Double calf raise – progress to single • Single leg stance exercises • Bridging with gluteal contraction 	

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	<ul style="list-style-type: none">• Core strength training• Exercycle, elliptical trainer, swimming	
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