



AKERE ATTE

Orthopaedic Sports Medicine Surgeon

Atte Sports Ortho Consults

Office: (754) 356-8300

Fax: (833) 954-4041

Hamstring Repair

PHYSICAL THERAPY PROTOCOL

PHASE I (weeks 0 TO 2):

- Hinged knee brace locked at 40° (or hip flexion brace locked in full extension)
- PT modalities
- TDWB on crutches
- Ankle ROM only
- Ankle pumps and quad sets

PHASE II (weeks 3 to 6):

- Hinged knee brace locked at 40° for 4 weeks (or hip flexion brace locked in full extension); brace may be removed for PT
- PT modalities
- PROM – knee flexion in prone position
- Ankle pumps and quad sets
- Week 4 – begin TDWB on crutches: increase WB by 25% body weight every week over next 4 weeks; brace may be unlocked as tolerated
- Week 4 – PROM of hip extension
- Week 4 – gentle AROM/AAROM avoiding hip flexion and terminal knee extension

PHASE III (weeks 6 to 10):

- DC hinged brace
- Wean off crutches when normal gait pattern established, usually at 6 weeks
- PT modalities as needed
- PROM – avoid combined hip flexion/knee extension
- Total body strengthening (TBS) / total arm strengthening (TAS) activities as recommended and tolerated
- Total leg strengthening (TLS) – gluteus medius/maximus PREs
- Open kinetic chain (OKC) standing hamstring curls
- Closed kinetic chain (CKC) quarter depth squats and heels raises

PHASE IV (weeks 10 to 14):

- PT modalities as needed
- PROM – avoid combined hip flexion/knee extension
- TBS/TAS activities as recommended and tolerated
- TLS – gluteus medius/maximus PREs
- OKC standing hamstring curls
- CKC half-depth squats and heel raises
- CKC leg presses PREs
- Neuromuscular dynamic stability exercise (NMS) half-depth multidirectional step lunges
- Double leg Swiss ball curls

PHASE V (weeks 14 to 24):

- PT modalities as needed
- PROM – full as tolerated (limited goals relative to contralateral side)
- TBS/TAS/TLS activities as recommended and tolerated
- OKC standing hamstring curls
- CKC full depth squats and heel raises
- CKC leg press, Romanian dead lifts – PREs
- NMS full depth multidirectional step lunges
- Plyometric jumping rope
- Single leg Swiss ball curls

PHASE VI (weeks 24 to 52):

- PROM – full as tolerated (limited goals relative to contra lateral side)
- TBS/TAS/TLS activities as recommended and tolerated
- OKC standing hamstring curls
- CKC full-depth squats and heel raises
- CKC leg presses, Romanian dead lifts – PREs
- NMS single-leg stance, movement on unstable surfaces
- Plyometrics sport-specific high intensity exercises
- Plyometrics agility drills, side to side and box jumps
- Single-leg Swiss ball curls
- Sport-specific exercises initiated and progressed