**Arthroscopic Proximal Hamstring Repair Protocol**

**Dr. McClung**

**Phase 1: 0-4 Weeks**

* Non weightbearing – hinged knee brace locked at 90 degrees flexion
* Quad sets, ankle pumps
* Limit hip flexion to 45 degrees

**Phase 2: 4-6 Weeks**

* Begin PT
* Slow Progression of weight bearing as tolerated 🡪 25% to 50% to 75% to FWB at 6 weeks
* Quad/Hip strengthening
	+ SAQs, side-lying hip abduction, standing calf raises
* Begin *PAIN FREE* PROM/AAROM of hip and knee
	+ Avoid hamstring stretching until 6 weeks post op
* Start progression of knee extension and hip flexion
	+ Brace locked in -30 degrees extension x 2 weeks then full extension
	+ Ok to slowly progress hip flexion beyond 45 degrees

**Phase 3: 6-12 Weeks**

* Full weight bearing
* Start AROM of hip and knee
* Start co-contraction exercises (hamstring and quad)
	+ Wall slides, mini squats, SLR, bridges, walking on level ground
* Stationary Bike

**Phase 4: 12 weeks +**

* Begin strengthening
	+ Ok for isolated hamstring strengthening

**16 weeks**

* Ok to begin jumping, plyometrics and sport specific drills once full ROM
* Progression from walk to jog