

## Hamstring Repair Rehabilitation Protocol

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### CHRONIC WITH OR WITHOUT ALLOGRAFT RECONSTRUCTION

- **Non-Weight Bearing, brace use required for 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 90° no extension greater than 90° of knee flexion
  - **Week 3-4:** Braced locked at 60° of knee flexion (Gentle PROM from full flexion to 60°, **do not force**)
  - **Week 5-6:** Brace with extension stop at 30° of knee flexion (Gentle PROM from full flexion to 30°, **do not force**)
- **At 6 weeks through return to play**
  - Discontinue Brace
  - Weight Bearing as tolerated
  - Gentle initial ROM, progress as tolerate **do not force**.
  - Functional strengthening, start at 8 weeks
    - (Co-contraction exercises such as knee bends...)
  - Isolated hamstring resisted strengthening (leg curls...) begin at 3 months
  - Return to sport 6 months post Op

### ACUTE

- **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**)
- **At 6 weeks through return to play**
  - 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

\*Questions please call 952-456-7000\*