

UCSF Physical Therapy Referral

UCSF Sports Medicine at the Orthopaedic Institute

Proximal Hamstring Repair Rehabilitation Protocol

Evaluate and Treat per therapist plan 1-2 times/week for 6-8 weeks. Please contact the office for renewal as needed.

EARLY POST OP (0-2 weeks):

GOALS:

-Pain and swelling control

EXERCISES/RESTRICTIONS:

-Dressing on until seen my MD

-Foot-flat Touchdown weight bearing with crutches

-T-scope brace with knee locked in extension when upright on crutches and sleeping

-Can unlock T-scope brace to sit with knee ROM 0-90

-Unlock T-scope brace to bend knee with hip flexion (avoid hip flexion with brace locked in extension)

-NO hip flexion >90 degrees

-NO Active Abduction of the hip

-NO Active knee flexion

-Active knee extension is ok

-Passive knee flexion to 90 degrees is ok

PHASE I (2-6 weeks):

GOALS:

Healing of hip/muscles

EXERCISES/RESTRICTIONS:

-Foot-flat touchdown weight bearing with crutches

-T-scope brace with knee locked in extension when upright on crutches and sleeping

-Can unlock T-scope brace to sit with knee ROM 0-90

-Unlock T-scope brace to bend knee with hip flexion (avoid hip flexion with brace locked in extension)

-NO hip flexion >90 degrees

-NO Active Abduction of the hip

-NO Active knee flexion

-NO hamstring or gluteal strengthening

-Isometric strengthening for quads

-Active knee extension is ok

-Passive knee flexion to 90 degrees is ok

PHASE II (6-12 weeks)

GOALS:

Range of Motion to normal

Wean off crutches at 6 weeks

D/C T-scope brace at 6 weeks

Weight bearing as tolerated/Normalize gait

Start hip strengthening program

Can start gentle gluteal strengthening now

EXERCISES/RESTRICTIONS:

Hip strengthening/CORE

Quad Program

Active and passive knee flexion

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Core Strengthening
No running until after 16 weeks
Begin proprioception training
Scar massage, Modalities
Home Exercise Program

PHASE III (12-20 weeks)

GOALS:

Full ROM

Improve endurance

EXERCISES/RESTRICTIONS:

Start Hamstring strengthening program

Stationary Bike OK

Hip strengthening/CORE/Pilates

Modalities OK

Advanced gait/strengthening program

Endurance exercises

Home Exercise Program

PHASE IV (>20 weeks)

GOALS:

Advanced Hip Program

Home Therapy

Normal flexibility

EXERCISES/RESTRICTIONS:

Elliptical OK

Road bike OK

Start Running Program at 5 months

Return to sports with sport-specific drills after 7-9 months from surgery

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