

PHYSICAL THERAPY PRESCRIPTION



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HIP PROXIMAL HAMSTRING TENDON REPAIR PROTOCOL

Surgical Date: _____

Side: Right Left

Diagnosis: Proximal Hamstring Tendon Repair

Postop	Goals	Precautions	Exercises
Weeks 0-6 HEP daily	Protection of surgical repair Edema and pain control	NWB Knee brace locked at 30° while ambulating Knee flexed to 90° when sitting No active hamstring contraction No hip flexion with knee extended No active knee flexion against gravity Knee extension limited pending intra-operative tension on repair	Pelvic tilts (5 sec holds x20/day) Scar massage and desensitization NMES and SAQ with hip flexion <20° Hip isometrics – extension, adduction, ER Quad sets Ankle pumps Begin PROM of knee and hip at 2 weeks. Do not exceed 45° of hip flexion and knee extension beyond restrictions. Begin AROM of knee and hip at 4 weeks. Do not exceed 45° of hip flexion and knee extension beyond restrictions.
Weeks 6-12 HEP daily	Restoration of normal gait FWB Improve ADL endurance	Progress to FWB No hamstring strengthening or stretching exercises Avoid painful activities No running	Continue above exercises May begin active knee flexion against gravity Weight shifts SLR or SAQ into SLR Gentle quadruped rocking Gentle stool stretches for hip flexion and adduction Gluteus medius strengthening is progressed to isotonic in a side-lying position (clam shells)
Weeks 12-16 HEP daily	Return to normal ADLs Hamstring strengthening	WBAT Avoid painful activities No running	Begin hamstring flexibility exercises Begin hamstring strengthening exercises – start with patient standing with the hip joint held in neutral position and the lower leg moving against gravity in pain-free arcs Resistance is gradually increased with emphasis on high repetitions (50 reps) and high frequency (4-5x/day) When the patient is able to move through a full and pain-free knee flexion arc with high reps, patients can transition from standing to machine hamstring curls Begin total leg and hip strengthening exercises – quarter squats, heel raises, gluteus maximus strengthening, gluteus medius strengthening progressed to the upright position (hip hiking and multi-hip machine) Balance and proprioception
Weeks 16+ HEP daily	No apprehension with sport specific movements Maximize strength and flexibility to meet sporting demands	WBAT Avoid painful activities	Perform advanced proprioceptive training Closed kinetic chain hamstring exercises (advanced step downs, double to single-leg Swiss ball hamstring curls) Low level plyometrics Treadmill running program and sport-specific agility drills

Frequency & Duration: 1-2 2-3 x/week for _____ weeks _____ Home Program

Physician's Signature: _____ **M.D.**