

COMPREHENSIVE PHYSICAL THERAPY

Melinda Amato OTR/L, CHT
Brandon Heyda OTR/CHT

Raymond Ryan PT/Director
Valerie Peckingham PT
Isabella Mesturini PT, DPT

Peter Ives PTA
Kirsten Perillo PTA

Megan R. Wolf, MD

Sports Medicine/Foot & Ankle

Proximal Hamstring Repair Post-Operative Protocol

Phase I - Maximum Protection

Weeks 0-4

- Brace- wear at all times for 6 weeks
 - 40 degree knee flexion lock unless directed by MD
- Toe touch weight bearing (TTWB) for 4 weeks

Goals

- Reduce inflammation and pain
- Protect surgical repair

Exercise progression

- Initiate passive range of motion at 2 weeks
- Quad and glute isometric activation
- Patellofemoral mobilizations
- Open chain hip strengthening
- Gait training

Weeks 4 to 6:

- Brace- wear at all times for 6 weeks
- Progress to weight bearing as tolerated (WBAT)
- Initiate active and active-assisted range of motion

Goals

- Reduce inflammation and pain
- Protect surgical repair
- Progress weight bearing on limb during gait

Exercise progression

- PROM/AROM/AAROM in painfree range of motion
- Initiate weight shifts at 4 weeks to progress weight bearing status and facilitate muscle activation
- Initiate local core stabilization exercises
 - No bridging until 10 weeks

Phase II- Progressive Stretching and Early Strengthening

Weeks 6 to 8:

- Discontinue brace
- Progress ROM as tolerated
- Initiate closed chain strengthening

Goals

- Full knee extension/hyperextension by 8 weeks
- Painfree knee flexion AROM by 8 weeks
- No swelling
- Normal gait pattern

Exercise progression

- Initiate hamstring isometric activation
- Initiate bike at 6 weeks
- Normalize gait pattern
- Closed chain double leg strengthening
 - Hold on bridging until 10 weeks

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Phase III- Progressive Strengthening

Weeks 8 to 12:

- Initiate balance/proprioceptive drills
- Progress to unilateral closed chain exercises

Goals

- Full knee range of motion
- Protect repair
- Normal gait pattern
- Progress limb strength

Exercise progression

- Initiate end range stretching
- Initiate elliptical trainer at 8 weeks
- Progress closed kinetic chain strengthening from double limb to single limb
- Proprioception drills
- Initiate double limb bridging at 10 weeks
- Step-up progression

Phase IV- Advanced Strengthening and Endurance Training

Weeks 12 to 16:

- Advance strengthening program
- Prepare for Preliminary functional test to perform at 16 weeks
- Progress balance and proprioception

Goals

- Full range of motion
- Protect repair
- Normal gait pattern
- Increase single leg strength

Exercise progression

- Single limb closed chain exercises
- Eccentric loading
- Proprioception drills

Phase V- Running Progression and Plyometric Progression

Weeks 16 to 20:

- Administer Preliminary functional test at 16 weeks for physician to review
- Initiate straight line jogging at 16 weeks if proper biomechanics are demonstrated
- Initiate plyometric training progressing from double limb to single limb
- Advance strengthening program

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Basic ladder series
- Linear jogging progression
- Plyometric progression



Ryan S. Charette MD
 Adam Q. Ferguson DO
 Jon Dale PA-C
 Christa Beyer PA-C

Aaron S. Covey MD MBA
 Rania R. Rifaey MD
 Edward S. Gensicki DPM
 Megan R. Wolf MD

Jon C. Driscoll MD
 Hudson H. Seidel MD
 Robert C. Stockton DO



www.comcllc.com
 PH: 203.265.3280
 FX: 203.741.6569

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Phase V- Return to Sport

Weeks 20 to 24:

- Progress plyometric training to multi-direction, change of direction, and deceleration
- Administer Return To Sport functional test prior to 6 month follow up appointment with MD

Goals

- No swelling
- Full range of motion
- Symmetrical strength and power

Exercise progression

- Advance ladder, hurdle, and plyometrics
- Sport specific field/court drills
- Non-contact drills

Criteria to be released for return to sport

- Follow-up examination with the physician
- Pass Return To Sport functional test at >90% (involved vs. uninvolved limb)
- Display symmetry and confidence in high-speed cutting, multi-plane plyometric drills, sprinting and decelerating

Anticipated return to sport:

- 5-6 months for contact and non-contact athletes

Revised ***