

Hamstring Repair Rehabilitation Protocol

Chronic:

- **Non-Weight Bearing, brace use required for 6 weeks after surgery. Only remove the brace for showering, keep 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 90° to 60°, **do not force**)
 - **Week 5-6:** Brace locked at 30° of knee flexion (Gentle PROM from 30°-90°, **do not force**)
- **6 weeks to 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 4-6 months post Op

Acute:

- **Non-Weight Bearing, brace use required for 6 weeks after surgery. Only remove the brace for showering, keep knee bent at 90°**
 - **Week 1-2:** Braced locked at 60° of knee flexion (Gentle PROM from 90° to 60°, **do not force**)
 - **Week 3-4:** Braced locked at 30° of knee flexion (Gentle PROM aloud from 90° to 30°, **do not force**)
- **6 weeks to return to play**
 - 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 4-6 months post Op

Questions please call 952-944-2519