



# GOLDEN STATE ORTHOPEDICS & SPINE

## PROXIMAL HAMSTRING RUPTURE REPAIR

The affected leg is placed in a **custom-fitted hip orthosis that restricts hip flexion to a range of only 15° to 30°**. Limiting hip motion limits the stress at the reattachment site. The patient then ambulates on **crutches with toe-touch weight bearing**.

### **STAGE 1: WEEKS 0-6:**

- Brace at 15 to 30 degrees of hip flexion, toe-touch weight-bearing for 0-10 days
  - Gradual increase of 25% WB for the next 3 weeks
- At week 2, initiate passive ROM by ATC or PT
  - Also instruct patient how to perform PROM exercises on their own
- At week 4, initiate gentle active ROM
- Discontinue use of brace by week 6

### **STAGE 2: WEEKS 6-10:**

- Discontinue use of brace
- Full weight-bearing
- Introduce aquatherapy
- Isotonic exercises with limited ROM, avoiding terminal ROM
- Initiate lumbo-pelvic stabilization exercises and closed chain exercises
- At 8 week, isotonic strength training is progressed and dynamic training is advanced

### **STAGE 3: WEEKS 10-24**

- An isometric evaluation at 60 degrees of knee flexion is performed at 10 weeks
- Initiate dry land jogging
- A full isokinetic evaluation is performed at 60 degrees/second, 120 degrees/second, and 180 degrees/second and compared with results from the nonsurgical side
- Sport-specific activities are continued

### **STAGE 4: MONTHS 6-9:**

- Return to sporting activity is permitted when isokinetic testing is 80% of the unaffected side (similar to the protocol for patients after anterior cruciate ligament reconstruction)

**Days 0-10** Brace at 15° to 30° hip flexion, Toe-Touch weight bearing

**Days 10-14** Advancement of 25% weight bearing over the next 3 weeks

**Week 2** PROM hip and knee

**Week 4** Gentle AROM

**Week 6** Discontinue brace, Full WB, normal gait training. Introduce aquatherapy. Isotonic exercises with limited ROM, avoiding terminal ROM. Initiate core pelvic strength training and closed-chain exercises

**Week 8** Isotonic strength training progressed, dynamic training is advanced.



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## **PROXIMAL HAMSTRING RUPTURE REPAIR**

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- Week 10** Isometric strength evaluation at 60° of knee flexion. Initiation of dry land jogging. Full isokinetic evaluation is performed at 60°/s, 120°/s, and 180°/s and compared with results from the nonsurgical side. Continue sport-specific activities.
- Months 6-9** Return to sporting activities when isokinetic testing is 80% of unaffected side