Rehabilitation after Proximal Hamstring Tendon Repair Surgery

Post-op Phase	Weight bearing status	Use of brace	Passive ROM and Active ROM	Strength training	Return to running and sports	Recommended Restrictions
Phase One The first week after surgery	TDWB with crutches	Post-op hip brace to limit hip flexion. Hip flexion limit to 45 degrees	Quad sets, active-assisted and passive hip and knee flexion, ankle pumps Hip flexion ROM limit 60° flexion	None	None	Weight bearing TDWB crutches Post-op hip brace Limit hip flexion to 45°
Phase Two 2 to 6 weeks after surgery	PWB 50% with crutches	Continue post-op hip brace Hip flexion limit to 60 degrees through week 3 Weeks 4 to 6 progress hip flexion gradually to 90° by week 6	Quad sets Active-assisted and passive hip and knee flexion SAQ Ankle pumps Side-lying hip abduction Standing calf raises	None OK for non-involved limbs	None	Weight bearing PWB 50% crutches No active hamstrings yet No active hip extension exercises
Phase Three 6 to 12 weeks after surgery	Progressively wean crutches over the next 2 weeks to FWB	Discontinue brace per MD	Progressive active hip and knee flexion Active stretching all uninvolved muscle groups Stationary bike	HS curls antigravity Hip extension antigravity At 10 weeks postop: Progress to ankle weight PRE; progress 1 lb per week to 5 lb Bridging SLR Wall slides Clam shells Partial squats	Progressive slow walking on level surfaces	No running yet
Phase Four 12 to 16 weeks after surgery	FWB	Neoprene support as needed	Full ROM Gentle HS stretching	Cautious use of weight training machines Single leg closed chain exercises	Walk progression on level surface with gradual increase in speed and distance	Preparing to run
Phase 4 16 to 20 weeks after surgery	FWB	Neoprene support	Same as phase 3	Progressive strengthening avoiding overload to HS	Walk-to jog progression	No sprinting or speed work
Phase 5 20 to 24 weeks after surgery	FWB	Neoprene support	Same	Same	Progressive run/speed/agility Jump training after 24 weeks post-op	Proceed gradually with caution