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Proximal Hamstring Repair

FREQUENTLY ASKED QUESTIONS

Answers to common questions about a torn hamstring tendon at the hip and the surgery to repair it.

UNDERSTANDING THE INJURY

1 What happened?

The hamstring tendons attach to the **sit bone** (ischial tuberosity) at the bottom of the pelvis. They usually tear with a sudden forceful stretch — slipping into the splits, water skiing, or sprinting. Large bruising down the back of the thigh is common.

2 Do all tears need surgery?

No. Partial tears and some single-tendon tears can heal with physical therapy. Surgery is usually recommended for active patients when **two or three tendons** are torn and pulled away from the bone.

3 What if I don't have surgery?

Many people have lasting weakness, cramping, difficulty running or climbing, pain with sitting, and sometimes irritation of the sciatic nerve from scar tissue.

4 Why does timing matter?

Repair works best within about **4–6 weeks** of injury. After that, the tendon retracts and scars around the sciatic nerve, making surgery more difficult; a graft may be needed.

YOUR SURGERY

5 What happens during surgery?

Through an incision in the buttock crease, the tendons are reattached to the bone with anchors while the nearby sciatic nerve is protected. Surgery is outpatient; most patients go home the same day. You will have anesthesia, and many patients also receive a nerve block to numb the area for 12–24 hours after surgery.

6 What are the risks?

The most important is irritation of the **sciatic nerve**, causing numbness, tingling, or weakness in the leg — usually temporary. Other risks include infection, wound problems, blood clots, and re-tearing.

7 How should I prepare?

- Practice crutches with your foot just touching the ground, including stairs.
- Get a soft cushion for sitting and consider a raised toilet seat.
- Have loose clothing that is easy to put on.
- Arrange help at home for the first 1–2 weeks.

RECOVERY

8 Will I be on crutches and in a brace?

Yes. Most patients use crutches with **touch-down weight bearing for 4–6 weeks** and wear a brace for 6 weeks that keeps tension off the repair.

9 What should I avoid?

Avoid **bending forward at the hip with the knee straight** — this stretches the repair. Limit sitting to about 30 minutes at a time, and sit on a cushion shifted toward the other side.

10 When can I drive and return to work?

Right side: about 6 weeks. **Left side** with an automatic car: often 2–4 weeks, if sitting is comfortable. **Desk work:** often 2–3 weeks if you can stand or recline part of the day.

11 When can I return to running and sports?

Jogging usually starts around 3–4 months. Return to sports is typically around **6 months**, once you have regained strength.

Still have questions? Call our office at **469.800.7200**. After surgery, follow your post-operative instruction sheet — if anything here differs from it, the instruction sheet takes priority.