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Proximal Hamstring Repair

REHABILITATION PROTOCOL

PHASE	RANGE OF MOTION	BRACE / WEIGHT BEARING	THERAPEUTIC EXERCISE
Phase I **0–2 weeks** GOAL TO ADVANCE *Pain controlled; safe walking with crutches*	Assisted hip and knee bending; hip flexion limited to 60°. NO bending the hip with the knee straight*	Toe-touch weight bearing with crutches. Hip brace limiting flexion to 45° at all times except exercise and bathing	Quad sets, ankle pumps, upper-body exercise. No hamstring or glute strengthening; no hamstring stretching
Phase II **2–6 weeks** GOAL TO ADVANCE *Brace at 90°; pain-free walking with crutches*	Brace hip-flexion limit raised gradually from 60° (week 4) to 90° (week 6)	50% partial weight bearing with crutches	Glute sets, low double-leg bridge, side-lying hip abduction, standing calf raises. No active hamstring curls or hip extension against resistance
Phase III **6–12 weeks** GOAL TO ADVANCE *Normal gait on all surfaces; hamstring 5/5 at 90°*	Progressive active hip and knee bending	Wean crutches to full weight bearing over 2 weeks; discontinue brace at 6-8 weeks	Banded bridges, straight-leg raises, standing hamstring curls; stationary bike, level walking. Week 10: single-leg bridges, ankle weights, wall slides, partial squats, step-ups. No running
Phase IV **13–16 weeks** GOAL TO ADVANCE *Hamstring, glute and quad strength ≥80-90%*	Full	Neoprene support as needed	Single-leg closed-chain work, eccentric hamstring exercises, deadlift progressions, cautious machine weights; walking progression
Phase V **16–20 weeks** GOAL TO ADVANCE *Full motion; no pain; satisfactory exam*	Full	—	Nordic hamstring progression, kettlebell swings, reverse lunges; walk-to-jog progression. No sprinting or speed work
Phase VI **20–24 weeks** GOAL TO ADVANCE *Strength and hop tests ≥95%*	Full without discomfort	—	Running, speed, agility and sprint progression; jumping after 22 weeks; return to sport at about 5-6 months**

NOTES

*Bending forward at the hip with the knee straight (like touching your toes) stretches the repaired hamstring off the bone

**If approved by physician