

REHABILITATION FOLLOWING ENDOSCOPIC PROXIMAL HAMSTRING REPAIR

Precautions:

- X-Act ROM Brace for 4-6 weeks(per physician recommendation)
- WBAT with crutches for 2-4 weeks(per physician)
- Avoid active hamstring strengthening/hamstring stretching

I. Phase I – Acute Phase (weeks 0-6)

Goals:

Gradually improve weight bearing and ROM
Diminish pain and inflammation
Retard muscle atrophy and strength loss
Enhance healing of repair

- Cryotherapy
- e-stim for pain/swelling
- Teach pt. to transfer safely
- Gait training; restore normal gait

Exercises:

- Gentle hip flexor, quad, calf, hip adductor stretches
- Quad sets
- Ankle strengthening
- Isometric hip abd/add
- Initiate core stabilization exercises
- ROM: Gradually increase hip flexion(with knee flexed)

II. Phase II – Subacute Phase(Weeks 6-12)

Goals: Improve flexibility and ROM
Enhance muscular strength and endurance
Promote healing
Control any inflammation and pain

- Modalities as needed
Heat, ultrasound, ice
- Soft tissue mobilization

Exercises:

- Initiate isometric hamstring contractions(knee flexed to 45 degrees)
 - Progress to isotonic strengthening
- SLR's
- Knee extensions
- Backward lunges
- lateral step overs
- forward and backward step overs
- calf raises
- bridges
- wall squats
- lateral lunges
- leg press
- initiate proprioception drills
- initiate pool exercises, pool running or alter g running(with physician approval)

III. Phase III – Dynamic Phase(Week 12-16)

Goals: Improve dynamic flexibility of hamstrings
 Normalize static flexibility
 Normalize muscular strength

Exercises:

- active warm-up
- stretch all major LE muscle groups
- continue strengthening exercises listed above
- jogging on dry land
- Initiate light ballistic maneuvers when appropriate
 - plyometric leg press
 - plyometric front lunges
 - scissor jumps
 - scissor box jumps
 - side to side box jumps
 - skip lunges
 - fast speed lateral step overs
 - forward knee high running
- stretch after workout
- cryotherapy

IV. Phase IV – Sports specific and agility phase(Weeks 16 and beyond)

Goals: Normalize ballistic flexibility
 Normalize muscular strength and agility
 Gradual return to sports participation

Exercises:

- Active warm-up
- Stretch all LE muscles
- Continue strengthening program
- Continue selected ballistic drills
- Initiate sport specific program
- side shuffles
- forward running
- backward running
- progress to sprints
- running and cutting drills
- gradually increase intensity of running(jog to run to sprint)
- stretch following
- gradual return to sports participation