



This protocol should be used as a guideline for progression and should be tailored to the needs of the individual patient.

- NWB for 6 wks with brace locked in extension
- Dr. Miller patients: TDWB progressing to 50% by 6 weeks post op
- Precautions and ROM limits may be altered by the surgeon based on the integrity of the repair and associated injury. These changes will be specifically stated by the surgeon

### Phase 1: Weeks 0-6

Goals:

- Protection of surgical repair
- Pain control

Precautions:

- No active hamstring contractions
- No hip flexion with knee extension
- No active knee flexion against gravity
- Avoid unsafe surfaces and environment
- Brace locked in extension unless otherwise stated by MD
- Knee flexed to 90 degrees when sitting
- NWB for 6 wks

Exercises: Weeks 0-4

- Quad sets
- Ankle pumps
- Posterior pelvic tilts
- Isometric hip abduction/adduction
- Isometric abdominals
- Gluteal sets

Other:

- Can perform light desensitization massage around incision and posterior hip
- Electrical stimulation

Weeks 4-6

- Continue appropriate exercises from weeks 0-4
- Supine clamshells
- Heel slides to 45 degrees hip flexion
- SLR flexion performed on opposite leg
- SAQ with hip flexion less than 20 degrees

- Supine ceiling punch
- Supine chest press

### Phase 2: Weeks 6-12

Goals:

- Normalize gait pattern, progressing from NWB to WBAT
- Improve ADL's (standing, stairs, walking)
- Improve ROM
- Return to pain-free functional ADL

Precautions:

- No hamstring stretching exercises
- No impact or running
- Avoid loading of the hip at deep flexion angles
- Avoid lengthening hamstring across both hip and knee joint

Suggestions for exercise progression:

- Non-impact balance and proprioceptive drills (begin with bilateral progressing to single leg)
- Begin hamstring strengthening start by avoiding lengthened hamstring
- Begin with isometric and concentric strengthening

Exercises: Weeks 6-12

- Continue appropriate exercises from weeks 4-6
- Stationary bike
- Hamstring sets
- Weight shifts
- Balance board

- Single leg stance progressing to ball toss
- Bilateral progressing to single leg on Air-ex progressing to BOSU
- Bridging
- Standing hip extension
- Side lying clamshells
- Standing hip abduction progressing to side lying
- Marching
- Heel raises

### Phase 3: Weeks 12-16

#### Goals:

- Return to unrestricted ADL's @ home/work
- Good control and no pain with sport/work specific movements, including impact

#### Precautions:

- No pain during strength training
- Post activity soreness should resolve within 24 hours

#### Suggestions for exercise progression:

- Begin hamstring strengthening, begin with hamstring curl strengthening exercises with the patient standing with hip joint held in neutral position with lower leg moving against gravity in pain free arcs
- Increase resistance, as tolerated, one pound at a time with high repetitions
- Begin total lower extremity strengthening
- Progress toward strengthening in lengthened hamstring positions, begin to incorporate eccentric strengthening
- Glut med strengthening progressing to upright position

#### Exercises: Weeks 12-16

- Continue appropriate exercises from weeks 6-12
- Bilateral hamstring curls (pain free range)
- Quarter squats-bilateral progressing to single leg
- Heel raises progressing to single leg– Single leg forward leans
- Bridge lowering-bilateral progressing to single leg
- Prone foot catches (lower foot eccentrically)
- Single leg LAQ

- Leg press-bilateral progressing to single leg
- Nordic hamstring curls
- Stationary bike
- Treadmill walking
- Elliptical

### Phase 4: Weeks 16+

#### Exercises: Weeks 16+

- Forward/lat step ups-progressing with height changes
- Box/step hop downs-progressing with height changes
- Lunge matrix
- Slide board
- Monster walks with band progression at knees/ankles
- Traveling side squats with band progression at knees/ankles
- Warrior walks
- Wall squats
- Retro step downs-progressing with height changes
- Quick taps on steps
- Forward/retro jump squats-progressing to single leg
- Lateral jump squats-progressing to single leg
- Stationary bike
- Treadmill
- Elliptical

