

# Proximal Hamstring Tendon Repair

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## General

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Non-weight-bearing for 6 weeks with scooter

Brace locked at 90 degrees for 6 weeks while ambulating

Brace at 70 degrees for sleep

Stitches assessed and removed in clinic within 7-14 days

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## Weeks 0-1

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Gentle active extension to 45°

Passive flexion

Modalities as necessary to decrease swelling

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## Weeks 1-4

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Gentle active extension to 15°

Passive flexion

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## Weeks 4-6

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Gentle active extension to 0°

Passive flexion

Quad sets with straight leg raises

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## Weeks 6-8

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Protected weight-bearing with slow wean off crutches

Discontinue brace

Active and passive extension to 0°

Begin zero resistance straight leg raises

Patellar mobilization

Quads-specific strengthening exercises

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## Week 8-12

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Begin active flexion exercises

Quads-specific strengthening exercises

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## Week 12

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Gradual hamstring strengthening exercises

Stationary bike with both legs with gradual increased resistance

Rowing/erg machine

Aqua jogging/therapy

Single knee bends

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*Continued >*

# Proximal Hamstring Tendon Repair (continued)

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## Week 16

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Return to run program: Elliptical → treadmill → outdoor running

Leg press to 90° with weights

Leg curls with no hyperextension

Sport-specific training with gradual return to agility exercises

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## 6 months

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Return to sports

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