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## **Proximal Hamstring Repair Physical Therapy Protocol**

### **Weeks 0-3**

#### **Primary goals: Protect Repair**

- Avoid hip flexion with knee extension
- TTWB with crutches at all times
- Passive knee ROM with no hip flexion during knee extension
- Ankle pumps, quad sets, abdominal isometrics

### **Weeks 3-6**

#### **Primary goals: Improve Gait**

- Discontinue crutches at 3 weeks, wean to one crutch, then none
- Scar mobilization
- Avoid hip flexion with knee extension
- Gentle hip ROM
- Ankle pumps, quad sets, abdominal isometrics

### **Weeks 6-12**

#### **Primary goals: Normalize Gait, good control and no pain with function movements including step up/down, squat, partial lunge (no not exceed 60 degrees knee flexion)**

- Avoid dynamic stretching
- Avoid loading the hip at deep flexion angles
- No impact or running
- Non-impact balance and proprioceptive drills, double leg to single leg
- Stationary bike
- Hip and core strength
- Begin hamstring strength – start by avoidance of lengthening hamstring position (hip flexed, knee extended) by working hip extension and knee flexion movements separately; begin with isometric and concentric strength with hamstring sets, heel slided, double leg bridge, standing leg extensions and physioball curls

### **3-4 Months**

#### **Primary goals: Gradual initiate running**

- Continue hamstring strengthening – progress to strengthening in lengthened hamstring position; begin to incorporate eccentric strengthening
- Impact control exercises
- Movement control exercises
- Initiate running drills, no sprinting until after 4 months

### **4-5 Months**

#### **Primary goals: Running, return to sport**

- Advance to higher velocity strengthening
- Advance to sprinting drills
- Sport specific training