

## Post-op Rehabilitation Guidelines:



### Proximal Hamstring Primary Repair

The hamstrings consist of three muscles:

- Biceps femoris
- Semitendinosus
- Semimembranosus

They originate from the ischial tuberosity of the pelvis. They attach to below on the knee on the fibula and tibia. Complete hamstrings avulsion injuries are uncommon, an injury where it is traumatically detached from the ischial tuberosity. The hamstrings will retract distally and move down the thigh. Hamstrings injuries of this nature involve a combination of forced hip flexion and knee extension.

- 10-14 days** -Follow-up in rooms for wound review
- 0-6 weeks** -Non-weight bearing with knee brace (**AVOID KNEE EXTENSION AND HIP FLEXION COMBINED**)
- The setting of the knee brace will depend on intra-operative findings and the point with the least amount of tension on the repair (30-90 degrees)
  - Isometric quadriceps strengthening
  - Active ankle range of motion
  - Upper body strengthening allowed
  - Showering allowed in a sitting position with the knee flexed (brace to be reapplied immediately)
- 6-12 weeks** -Begin weight bearing with a crutch for assistance (to be weaned off)
- ROM at the knee allowed (no weight training)
  - Stationary bike allowed
  - Gait training
  - Gradual hamstring strengthening but continue to avoid hip flexion and knee extension coupled together
  - Upper body strengthening allowed