

REHABILITATION PROTOCOL: HIP HAMSTRING TENDON REPAIR

☐ Phase 1 (Weeks 0-6)

- Weight bearing: Toe touch weight bearing with crutches
- AVOID HIP FLEXION COUPLED WITH KNEE EXTENSION
- Brace: Hip brace to block active flexion of hip. If harness brace given, keep knee in 80 degrees flexion and hip in extension.
- Range of motion
 - Gentle PASSIVE range of motion with NO HIP FLEXION DURING KNEE EXTENSION
- Progression criteria: 6 weeks postoperative

☐ Phase 2 (Weeks 6-12)

- Weight bearing: As tolerated, discontinue crutch use
- Brace: Discontinue
- Normalize gait
- Progress range of motion
- Therapeutic exercises
 - Stationary bike
 - Hip and core strengthening
 - Begin hamstring strengthening but AVOID DYNAMIC STRETCHING
 - AVOID LOADING HIP AT DEEP FLEXION ANGLES
 - NO IMPACT OR RUNNING
- Progression criteria: Normal gait, single leg balance greater than 15 seconds, 5/5 strength of hamstring in prone position with knee in position at least 90 degrees flexion

☐ Phase 4 (Months 3-6)

- Weight bearing: Full
- Work on sport and/or work specific movements and training