

**Dr. Ernat's Hamstring Avulsion Repair
Post-Operative Protocol**

May attend up to 1-3 times weekly for 12-16 weeks.

Timing of each phase varies based on the size of the tear, quality of tissue, length of time immobilized, strength/ROM status, and expected performance/activity demands.

PHYSICAL THERAPY (PT): You will not begin formal PT for about 4-6 weeks. We will schedule PT at your first follow-up visit.

RESTRICTIONS: No full WB until after 6 weeks. No hamstring stretches or resistance until after 10-12 weeks.

WB / CRUTCHES: TDWB w/ crutches for first 6 wks.

BRACE: ROM brace locked in extension while ambulating. When prone with therapy or home exercise program with unlock for passive knee ROM. This will be initiated after your first post-op visit.

RANGE OF MOTION: Begin full knee ROM around 4 wks, not concerned about knee stiffness initially.

STRENGTHENING: Begin light hamstring strengthening progression around weeks 10-12.

MODALITIES: Per PT or ATC's discretion. Ice use 3-5 x/daily for first 10-14 days then 2-3 x/daily over first 4 weeks as needed.

RETURN TO ACTIVITY: subject to change, based on individual progress.

Recumbent bike: 6 weeks

Elliptical: 10 weeks

Planks: 10 weeks

Swimming: 10-12 weeks

Road bike outside: 3-4 months

Light jogging: 3-4 months

Running: 4-6 months

Golf (chip/putt): 3 months

Golf (full swing): 4 months

Skiing: 4 months

Tennis: 4 months

Throwing: 4 months

Soccer: 4 months

Basketball: 4 months

Contact sports: 4 months

PHASE I – HEALING (POST-OP WKS: 0-6)

- Rest and ice to help decrease pain.
- Touch down weight bearing (TDWB) with crutches for first 6 wks.
- No hamstring stretches.

- No hamstring resistance.
- Keep brace locked in extension except for prone exercises which will be initiated only after your first post-op visit.

PHASE II – RANGE OF MOTION (*POST-OP WKS: 6-10*)

- 1) Wean off of crutches as tolerated.
- 2) Begin use of recumbent bike with no or low resistance.
- 3) Begin pool work: walking, deep aqua jogging, etc. No swimming.
- 4) Begin/continue with full knee ROM: flexion and extension.

PHASE III – ROM/STRENGTHENING (*POST-OP WKS: 10-16*)

- May begin closed chain double leg strengthening as tolerated
- Total gym use low levels.
- Progress to isolated hamstring strengthening: low weight, high reps.
- Progress to 4 way hip exercises as tolerated.
- Mini squats with no weight, wall sits are okay, single and double leg calf raises, SLR and quad sets.

PHASE IV – STRENGTH/RETURN TO ACTIVITY (*POST-OP WKS: 16+*)

- May begin running progression as tolerated after 4-6 months.
- May begin functional and return to sport activities as tolerated.
- Remember not to progress too quickly, increase activity level, duration and frequency gradually and continue to ice after activity as needed for soreness.

KEY FOR PATIENTS:

POST-OP = after your surgery

WB = weight-bearing

ROM = range of motion

PROM = passive range of motion, someone else moves you

AAROM = active assisted range of motion

AROM = active range of motion, you move yourself

RROM = resisted range of motion, motion against resistance, strengthening

SLR = straight leg raise

WNL = within normal limits