

Proximal Hamstring / Ischial Tuberosity Avulsion Repair Protocol

Name _____ Today's Date _____

Diagnosis _____ Surgery Date _____

Frequency: 1 2 3 4 5 times/week

Duration: 1 2 3 4 5 6 weeks

Side: R / L

Evaluate only Provide home exercise program (HEP)

Evaluate and Treat

GOALS:

- Protect the repair by unloading the hamstring muscle complex
- Use of a hinged knee brace, hip brace, or Knee Walker Roll-a-bout to avoid excessive hip flexion or knee extension

PHASE 1: 0 to 6 weeks

- Begin physical therapy the week of surgery (within 3 days)
- Either with crutches or Roll-a-bout walker, begin mobilization (walking) the day of surgery
 - If using crutches, then hinged knee brace permits motion from 90 - 45 degrees knee flexion only and hip flexion no greater than 30 degrees. Toe-touch weight-bearing only.
 - If using Roll-a-bout walker, no hinged knee brace is needed. When getting off the walker, do not flex hip greater than 30 degrees and do not extend the knee (keep the knee bent flexed at least 45 degrees)
- Bathroom use: Elevated toilet seat is helpful. Sit on the uninjured side and allow the injured side to hang off the side with the hip flexed no greater than 30 degrees and the knee bent flexed at least 45 degrees.
- Sleeping: Sleep with brace on.
 - 0 to 2 weeks: 90 - 45 degrees
 - 2 to 4 weeks: 90 - 30 degrees
 - 4 to 6 weeks: 90 - 10 degrees
 - > 6 weeks: Brace off
- Passive motion:
 - 0 to 3 weeks: 90 - 45 degrees
 - 3 to 6 weeks: 90 - 10 degrees
 - > 6 weeks: Full motion
- Active motion:
 - 0 to 6 weeks: For hamstrings (hip extension, knee flexion): None

PHASE 2: 6 to 12 weeks

- Walking: No brace
 - Crutches with toe-touch weight bearing (6th week), 50% WB (7th week), 100% WB (8th week)
 - No crutches after 8 weeks
- Sleeping: No brace
- Passive motion: Full motion
- Active motion: Begin isometric hamstring at 90 degrees knee flexion (6th week), then isotonic concentric knee flexion 60 to 90 degrees (7th week), then 30 to 90 degrees (8th week), then 0 to 90 degrees (9th week). No eccentric hamstring until 3 months post-op.
- Begin stationary bike at 8 weeks post-op
- Begin light swimming at 10 weeks post-op

PHASE 3: > 12 weeks

- Walking: Normal
- Passive motion: Full
- Active motion: Full
- Continue bike
- Begin jogging at 4 months
- Begin hamstring stretching at 4 months post-op
- Begin sport-specific training at 5 months post-op
- Full return to sport without restrictions at 6 months post-op

Comments:

Modalities: Per therapist Electrical Stimulation Ultrasound Heat before/after Ice before/after

Aquatherapy Massage Trigger points ART (Active release techniques) Other _____

Signature _____ Date _____