

Proximal Hamstring ORIF

Individual patient circumstances may affect the guideline
(tear configuration, fixation used, associated procedures, etc.)

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> • Protect surgical site • Decrease pain and inflammation • Protected gait 	<ul style="list-style-type: none"> • Week 0-2: TTWB • Week 2-4: PWB • Week 4-6: Progress to WBAT • Brace: per surgeon • Avoid hip flexion with knee extension • No CV at this time 	<ul style="list-style-type: none"> • PRICE <ul style="list-style-type: none"> ○ Cryotherapy: 5-7 times per day ○ Compression with TubiGrip/TEDS • Quadriceps activation • Abdominal isometrics • Banded ankle exercises • If applicable; pool walking starting week 3-4
Weeks 6-12	<ul style="list-style-type: none"> • Protect surgical site • Normalize gait • Progress ROM (maintain restrictions) • Normal functional movements without pain/compensation 	<ul style="list-style-type: none"> • Avoid overstressing repair site with combined hip flexion and knee extension • Avoid dynamic movements • Closed-chain strengthening 0-70 degrees • No jogging/plyometric activities 	<ul style="list-style-type: none"> • ROM: as tolerated • Initiate hamstring strengthening: <ul style="list-style-type: none"> ○ Hamstring sets ○ Heel slides ○ DL bridge -> SL bridge -> prone knee flexion ○ Standing leg extension -> knee flexion ○ Physioball curls • Hip/core strengthening • Gait training • Double or single limb balance/proprioception • Cardiovascular: stationary bike
Weeks 12-20	<ul style="list-style-type: none"> • Full, symmetric ROM • Increase functional LE strength • Pass Return to Run criteria (See appendix) • No pain with work/sport specific movements 	<ul style="list-style-type: none"> • Avoid large eccentric forces • Monitor pain and swelling with increase load and adjust accordingly • Avoid sprinting 	<ul style="list-style-type: none"> • Progress hamstring strengthening with incorporation of eccentrics • Increase loading capacity for other lower extremity strengthening exercises • Hip/core strengthening • Cardiovascular: bike, elliptical, stairmaster, water jogging • Initiate running program if criteria passed • Initiate plyometrics and/or agility
Weeks 20+	<ul style="list-style-type: none"> • Normalize multiplanar, high velocity movements • 100% knee flexor LSI • Pass return to sport assessment 	<ul style="list-style-type: none"> • Monitor pain and swelling with increase load and adjust accordingly 	<ul style="list-style-type: none"> • Continue progressive resistive exercise (PRE) • Progress hamstring strengthening to high velocity and reaction in lengthened position • Progress plyometric, agility, and sport specific training • Sprinting drills • ARC Program

This guideline is not meant to be prescriptive but a recommendation to the rehabilitation process. Progress may vary based on specifics of injury and procedure.