

## Chronic Proximal Hamstring Rehabilitation Protocol

### General Instructions

- Ice 2-3 times per day x 20-30 minutes
- Wear braces at all times except to shower

### Phase 1 (0-2 weeks)

- Knee brace locked at 90° for 2 weeks.
- Non-weightbearing to operative extremity.
- Avoid hip flexion

### Phase 2 (2-4 weeks)

- Knee brace to allow flexion to 60°.
- Remain non-weightbearing to operative extremity.
- Avoid hip flexion

### Phase 3 (4-6 weeks)

- Knee brace to allow flexion to 30°.
- Toe-touch weightbearing to operative extremity.
- Avoid hip flexion

### Phase 4 (6-10 weeks)

- Gentle ROM begins

### Phase 5 (10 weeks to 6 months)

- Strengthening may begin
- May start running after 6 months