

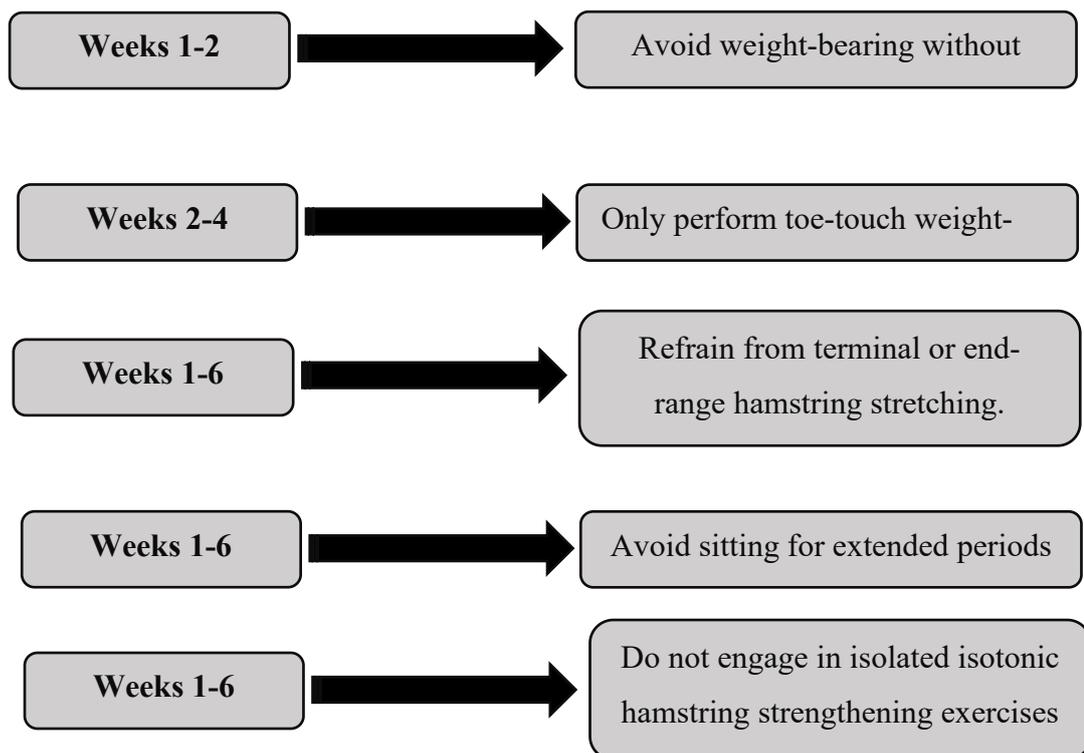
PROXIMAL HAMSTRING AVULSION REPAIR CLINICAL PRACTICE GUIDELINE

Progression and Rehabilitation Guidelines

Rehabilitation is determined by the healing of soft tissues, patient characteristics, and clinical assessment.

- Progression is time and criterion-based, depending on soft tissue healing, patient demographics, and clinician evaluation.
- For questions, contact Dr. Sujan Gogu's clinic.

Rehabilitation Precautions



Phase	Weeks	Rehabilitation Focus	Goals
Phase I	0-2	<ul style="list-style-type: none"> • Perform home exercises only. • Maintain non-weight bearing status • Use compression, cryotherapy, and ankle pumps. 	<ul style="list-style-type: none"> • Control pain and inflammation. • Promote wound healing.
Phase II	2-4	<ul style="list-style-type: none"> • Start physical therapy • Use crutches or a walker for toe-touch weight bearing. • Begin gentle hip, knee, and ankle passive range of motion (PROM) • Perform quad sets and straight leg raises in abduction. • Begin gentle soft-tissue mobilization if the wound is closed. 	<ul style="list-style-type: none"> • Achieve full hip, knee, and ankle PROM in protected positions • Develop good quad control in non-weight bearing. • Continue pain and inflammation control.
Phase III	4-6	<ul style="list-style-type: none"> • Progress weight bearing based on tolerance • Engage in aquatic activities (e.g., forward and retro ambulation, gentle AROM). • Start gentle hamstring stretching • Continue soft tissue mobilization • Initiate single-leg stance and static proprioceptive exercises. 	<ul style="list-style-type: none"> • Normalize gait by 6 weeks. • Achieve 45° straight leg raise (SLR) PROM • Perform SLR without quad lag.

Phase	Weeks	Rehabilitation Focus	Goals
		<ul style="list-style-type: none"> • Begin sub-maximal hamstring isometrics and closed-chain knee extensions • Introduce core strengthening exercises. 	
Phase IV	6-8	<ul style="list-style-type: none"> • Start terminal/end-range hamstring stretching • Advance full lower extremity stretching program • Begin gentle isotonic hamstring exercises (bilateral, mid-range strengthening) • Progress core and proprioceptive activities. 	<ul style="list-style-type: none"> • Full range of motion in lower extremities • SLR 0°-70° PROM • Improved closed chain proprioception/stability without symptoms.
Phase V	8-12	<ul style="list-style-type: none"> • Full hamstring and quad strengthening program • Transition from bilateral to unilateral and eccentric to concentric strengthening • Advance core strength and stabilization • Include single knee balance activities, bridging, and dynamic proprioceptive activities • Start partial weight-bearing plyometrics and resisted ambulation. 	<ul style="list-style-type: none"> • SLR range of motion within normal limits • 5/5 strength in MMT positions • Tolerate PWB plyometrics without symptoms.

Phase	Weeks	Rehabilitation Focus	Goals
Phase VI	12-16	<ul style="list-style-type: none"> • Continue full-weight bearing plyometric activities (e.g., double leg side/side, single leg multi-directional) • Maintain core stabilization. • Begin walk-jog progression. 	<ul style="list-style-type: none"> • Jog on treadmill and even surfaces with symmetrical mechanics and no symptoms.
Phase VII	16-20	<ul style="list-style-type: none"> • Continue advanced plyometrics (e.g., hops to/from BOSU, multi-directional) • Initiate sport-specific drills based on tolerance. • Include resisted forward running. 	<ul style="list-style-type: none"> • Complete sport-specific activities without symptom increase.
Weeks 16-28	-	<ul style="list-style-type: none"> • Perform functional testing (e.g., single-leg hop for distance) • Conduct isokinetic testing to measure strength and hamstring-to-quadriceps ratio. 	<ul style="list-style-type: none"> • Achieve >85% performance and strength compared to the uninvolved side • No symptom increase with sport-specific activities.