

# Proximal Hamstring Physical Therapy Protocol

Phase	Weight Bearing	Brace	Range of Motion	Exercises
1 (0-2 weeks)	Non weight bearing	Locked at 50° at all times including sleeping in activity Off for hygiene	45° to full knee flexion passively when prone. No hip flexion.	Ankle pumps, abdominal isometrics, but no hip flexion with knee extension.
2 (2-4 weeks)	Non weight bearing	Locked at extension 40° at all times including sleeping in activity Off for hygiene	Progress to full knee extension passively when prone. No hip flexion.	Ankle pumps, abdominal isometrics, but no hip flexion with knee extension.
3 (4-6 weeks)	Toe touch weight bearing	Locked at 30° at all times including sleeping and activity. Off for hygiene	Progress to full knee extension passively when prone. No hip flexion.	Ankle pumps, abdominal isometrics, but no hip flexion with knee extension.
4 (6-12 weeks)	Progress to full by 8 weeks	None	Progress to full	<ul style="list-style-type: none"> <li>• Non-impact balance and proprioceptive drills – beginning with double leg and gradually progressing to single leg.</li> <li>• Begin hamstring strengthening – start by avoidance of lengthened hamstring position (hip flexion combined with knee extension) by working hip extension and knee flexion moments separately; begin with isometric and concentric strengthening with hamstring sets, heel slides, double leg bridge, standing leg extensions, and physioball curls.</li> <li>• Stationary bike for ROM, strengthening, and cardio.</li> <li>• Gait training.</li> </ul>
5 (12-18 weeks)	Full	None	Full	<ul style="list-style-type: none"> <li>• Advance strengthening as tolerated, continue closed chain exercises. Increase resistance on equipment.</li> </ul>

# Proximal Hamstring Physical Therapy Protocol

				<ul style="list-style-type: none"> <li>• Continue hamstring strengthening – progress toward strengthening in lengthened hamstring positions; begin to incorporate eccentric strengthening with single leg forward leans, single leg bridge lowering, prone foot catches.</li> <li>• Hip and core strengthening.</li> <li>• Impact control exercises beginning 2 feet to 2 feet, progressing from 1 foot to the other and then 1 foot to same foot.</li> <li>• Movement control exercise beginning with low velocity, single plane activities and progressing to higher velocity, multi-plane activities.</li> <li>• Initiate jogging, running, sprinting.</li> </ul>
6 (18 weeks +)	Full	None	Full	<ul style="list-style-type: none"> <li>• Continue hamstring strengthening – progress toward higher velocity strengthening and reaction in lengthened positions, including eccentric strengthening with single leg forward leans with medicine ball, single leg dead lifts with dumbbells, single leg bridge curls on physioball, resisted running foot catches.</li> <li>• Impact control exercises beginning 2 feet to 2 feet, progressing from 1 foot to other and then 1 foot to same foot.</li> <li>• Running and sprinting.</li> <li>• Hip and core strengthening.</li> <li>• Movement control exercise beginning with low velocity, single plane activities and progressing to higher velocity, multi-plane activities.</li> <li>• Sport/work specific balance and proprioceptive drills.</li> </ul>

# Proximal Hamstring Physical Therapy Protocol