

Hamstring avulsion repair - Rehabilitation protocol

0 – 2 weeks

- Keep wound and dressing clean and dry (it will be removed at your postoperative visit)
- Weight bearing as tolerated
- Crutches provided, but feel free to wean off them in able

2 – 6 weeks

- Gait retraining
- Scar massage/mobilisation, especially if a longitudinal (vertical) incision was needed
This is more common in delayed surgery (>3mths) for tendon or sciatic nerve mobilisation
- Return to light duties at work
- Can ride a stationary bike with minimal resistance
- Walking in water / swimming (no diving)
- Double leg bridges
- Light jogging if comfortable

6 – 12 weeks

- Increase running speed
- Progress from double to single leg bridges
- Lunges/squats without excess weight
- Increase work activity, but refrain from heavy lifting duties until 3 months

12+ weeks

- Progressive increase to full activity and resisted exercises as tolerated
- Retrain strength, power, endurance
- Sport-specific retraining