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### **Post-operative Hamstring Repair Guidelines**

#### **WEIGHT BEARING**

- After your hamstring repair surgery, please remain non-weight bearing (WB) with crutches for 6 weeks.
- Please make sure knee brace is worn at all times and locked at 70 degrees flexion.
- During the 6 weeks non-weight-bearing, use the CPM machine which should be set at 0-70 degrees flexion. This will help avoid knee stiffness.
- Begin CPM usage the day after surgery.

#### **FIRST POST-OP CLINIC APPOINTMENT**

- Please make sure you have scheduled your first post-op clinic visit with us, 2 weeks after your surgery.

#### **RESTRICTIONS AND ACTIVITY GUIDELINES**

During the immediate post-op time frame, it is imperative that you allow the surgical repair to heal. Therefore, please adhere to these guidelines:

- Avoid functional abduction (concentric activity), external rotation, figure 4 sitting, and sitting while your hip is adducted for 6 weeks.
- Avoid standing for long periods of time for 6 weeks.

#### **PHYSICAL THERAPY**

- Please plan ahead, and schedule your PT appointments in advance, (even prior to your actual surgery date.)
- You can begin formal PT as early as the third week after your surgery, but please, start these formal sessions no later than the beginning of post-op week 7.
- Once you start PT, plan on attending two appointments per week for 8-12 weeks; plan accordingly and schedule early!

#### **DRESSINGS**

- You may change the outer dressing (clear Tegaderm and gauze) if wet or soiled. Please do NOT remove the tape strips/steri-strips that are directly over your incisions. You may add more steri-strips on top of the original steri-strips that were placed at the end of your operation, but do not remove the original steri-strips.
- At your first post-op visit (days 12-18), we will remove your steri-strips, and new steri-strips will be placed over the incisions. Allow these new steri-strips to peel off over the next 5 days, or remove them after this time period.

#### **SHOWERING**

- You may shower 72 hours after your surgery, but cover your surgical site to avoid getting your incisions wet.
- Do NOT immerse in a tub or pool until we clear you for immersion after we see you at your first post-op visit. We will likely allow immersion only three to four weeks after your operation.

