

# ADVANCED

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### **Post-operative Hamstrings Repair Guidelines**

#### **WEIGHT BEARING**

- After your hamstrings repair surgery, please remain non-weight bearing (WB) with crutches. The extent of your repair will dictate the length of time you will be non-WB.
- A locked brace will be placed on your knee prior to anesthesia waking you. Please continue to wear the knee brace, locked at \_\_\_\_\_ degrees, a necessary tool to minimize hamstrings tension.
- We may adjust the knee brace at your first post-op clinic visit, and provide you with instructions regarding how to proceed after this critical time-point.
- Most patients will have their brace taken off at 6-weeks post-op and will use crutches for an additional two weeks, (totaling crutch use for 6-8 weeks post-op).

#### **POST-OP CLINIC APPOINTMENTS**

- Please make sure you have scheduled your first post-op clinic visit with us, between 12-18 days after your surgery.
- We recommend additional clinic visits at the following POST OPERATIVE time-points: 6 weeks, 3 months, 6 months, 12 months, and 2 years. These visits provide a forum to discuss transitions to increasing your activities; answer questions or concerns you may have; and make sure you are on track with your rehab and healing.

#### **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:

- Passive movement of your operated leg may be performed on you by a PT, friend or loved one, with you on your belly and knees bent to 90 degrees, as the other person passively moves the hamstrings (though not past the degree of knee flexion where the brace was locked). Make sure to do this ONLY after we have explained and demonstrated this to you in person.
- Refrain from sitting in an upright position, (maintaining 0-30 degrees of back flexion at the most). Bringing the chest toward your knee pulls on the repaired hamstrings tendons and is to be avoided.
- Avoid hip flexion past 20 degrees when your knee is straight.

## 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 5-7 days, or remove them after this time period.
- Most hamstrings surgical incisions are closed with resorbable (absorbable) stitches.
- If prior to your first post-op clinic visit you experience new pain or irritation over the surgical incision or you notice a discharge on your dressings, please contact our clinic immediately for a quick wound check.

## 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.

## DRIVING

- We advise that you refrain from driving until after the knee brace is discontinued and your WB status has been transitioned to “full WB”. This is recommended regardless of which leg receives surgery.

## PRESCRIPTIONS

- All prescriptions will be given on the day of surgery. Should you need refills, please contact the clinic within 48 business hours (Monday-Friday, 8:30am to 4:00pm). ***Refills will not be authorized outside of those hours.*** Please have the phone number available of the pharmacy that you would like to utilize for your refills.