



Champions Center
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303-315-9900

Hip Preservation Post-operative Hamstrings Repair Instructions

WEIGHT BEARING

- After your hamstrings repair surgery you will be non-weight bearing (NWB) with crutches. The extent of your repair will dictate the length of time you will be NWB.
- A locked brace will be placed on your operative leg at the conclusion of your surgery. You will awake in the recovery area with this brace in place. Continue to wear the brace as instructed; this is a necessary tool to minimize tension on the repaired hamstring tendon.
- We may adjust the brace at your first post-op clinic visit and provide you with instructions regarding how to proceed after this time-point.
- Most patients will be allowed to remove the brace at 6-weeks post-op and will use crutches for two additional weeks, (totaling crutch use for 6-8 weeks post-op).

POST-OP CLINIC APPOINTMENTS

- Confirm you post op follow up visits have been scheduled at approximately 2 weeks and 6 weeks from the date of your surgery.
- We recommend additional clinic visits at the following POST OPERATIVE time-points: 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 adhere to these guidelines:

- Passive movement of your operated leg may begin after two weeks from the date of surgery. Make sure to do this **ONLY** after your surgeon or physical therapist 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 should be avoided.
- Avoid hip flexion past 20 degrees when your knee is straight.
- Wear your knee brace at **ALL** times for the first two weeks following the surgical repair. You may get your knee brace wet in the shower, or you may protect the device from moisture by covering it with a large plastic bag.

PHYSICAL THERAPY

- Plan ahead, and schedule your physical therapy appointments in advance of your surgery date.
- You may begin formal PT at approximately 3-6 weeks from surgery. The hip preservation team will guide this according to your individual case.
- Once you start PT, plan on attending one to two appointments per week for 12-16 weeks.

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, 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. O: 303-315-9900 or message through the [My Health Connection portal](#).

SHOWERING

- You may shower 72 hours after your surgery however be sure to 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. Questions about pain medication or refills may be directed to the hip preservation team by calling the office: 303-315-9900 or through the [My Health Connection portal](#)

