

# Proximal Hamstring Repair — Pre-Operative Patient Guide

Colby Wollenman, M.D.

Proximal Hamstring Tendon Tear (Avulsion)

## Your Condition & Procedure

### The condition

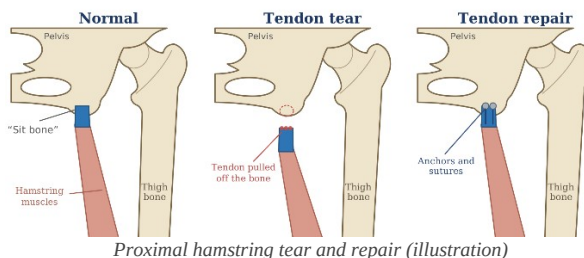
The **hamstrings** are the muscles on the back of the thigh. Their tendons attach to the "sit bone" (**ischial tuberosity**) at the bottom of the pelvis. A sudden forceful stretch, such as waterskiing or slipping into a split, can tear them off the bone, causing pain, bruising, weakness, and trouble sitting.

### The surgery

Through an incision in the crease below the buttock (typically outpatient), the torn tendons are freed up and reattached to the bone with small anchors and sutures. The nearby **sciatic nerve** is protected and may be freed from scar tissue. Older tears may need a cadaver graft. The final plan is determined during surgery.

### Risks & benefits

**Benefits:** Most patients regain hamstring strength and return to running and sports. **Risks** are uncommon and include infection, blood clots, re-tear of the tendon, sciatic nerve irritation (numbness, tingling, or weakness in the leg or foot), discomfort with sitting for months, injury to nearby structures (such as nerves, blood vessels, or cartilage), stiffness, persistent pain, and the need for further surgery. These will be reviewed with you in detail before surgery.



## Before Surgery

- **Medications:** We will tell you what to stop and when (e.g., blood thinners, anti-inflammatories, some supplements, weight-loss injections).
- **Fasting:** Follow the instructions from your surgery coordinator/facility. In general, you should have nothing to eat or drink starting at midnight the night before surgery.
- **Nicotine:** Stop all nicotine products—they slow healing.
- **Equipment:** A knee brace and crutches are typically arranged beforehand. Practice with crutches.
- **Physical therapy:** Schedule your first visit for within about a week after surgery.
- **Home:** Plan for a helper and remove trip hazards; a shower chair can help.
- **Medical history:** Let us know if you or anyone in your family has a history of blood clot disorders or a malignant hyperthermia reaction to anesthesia.
- **Health:** Call us if you develop a fever, illness, or skin problem near the buttock or thigh.

## Day of Surgery

- If instructed, take blood pressure/heart medications with a small sip of water.
- Arrive at the time given by your surgery coordinator.
- Bring your medication list, insurance card, photo ID, and brace/crutches if you have them.
- Wear loose clothing; leave jewelry and valuables at home.
- A responsible adult must drive you home. You may **not** drive yourself.

### Immediately After Surgery

- You will recover in the recovery area; most patients go home the same day.
- Your surgeon will discuss the procedure with you and your support person.
- Your care team will review wound care, restrictions, medications, follow-up, and warning signs before discharge.

| Milestone                                                                                                                                                                                                                      | What to Expect After Surgery (General Timeline)                                                                                                                            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Weight-bearing</b>                                                                                                                                                                                                          | Touch-down weight with 2 crutches for ~4 weeks, then gradually more; crutches and brace are weaned between 6 and 8 weeks.                                                  |
| <b>Precautions</b>                                                                                                                                                                                                             | A knee brace stops the knee from fully straightening for 4 weeks, then opens gradually. Sit reclined; avoid bending forward with a straight knee. No hamstring stretching. |
| <b>Daily life</b>                                                                                                                                                                                                              | Desk work often within 2–3 weeks; prolonged sitting may be uncomfortable for months. No driving while taking narcotic pain medication.                                     |
| <b>Running</b>                                                                                                                                                                                                                 | Typically 4–5 months, once strength allows.                                                                                                                                |
| <b>Sports</b>                                                                                                                                                                                                                  | Sprinting and sports no sooner than 6 months; full return typically 6–9 months.                                                                                            |
| ► <b>Please note:</b> This is a general guide only. Detailed post-operative instructions will be provided on the day of surgery, and your restrictions and timeline may change based on the findings and procedures performed. |                                                                                                                                                                            |

## Learn More

We **strongly recommend** reading these pages from the American Academy of Orthopaedic Surgeons (OrthoInfo) before your surgery:

- **Your condition and procedure: Hamstring Muscle Injuries** — <https://orthoinfo.org/en/diseases--conditions/hamstring-muscle-injuries/>

**Video:** You may find a video demonstrating an example (not the exact technique) of your surgery at

<https://patient.orthopedica.com/student/activity/2528397-hip-hamstring-tears> (or browse <https://patient.orthopedica.com/student/catalog>).