

Dr. Curtis Noel's Protocol for:

ACL RECONSTRUCTION WITH HAMSTRING AUTOGRAFT



●= Do exercise for that week/month	Week										Month			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial Exercises														
Extension/ Flexion-wall slides	●	●	●	●	●	●	●	●						
Extension/ Flexion -sitting	●	●	●	●	●	●	●	●						
Extension/ Flexion- prone	●	●	●	●	●	●	●	●						
Quad sets with straight leg raises	●	●	●	●	●	●								
Hamstring sets		●	●	●	●	●								
Patella/Tendon mobs.	●	●	●	●	●	●	●	●	●	●				
Ankle Pumps	●	●	●	●										
Sit and reach for hamstrings (towel)			●	●	●	●	●	●	●	●	●	●	●	●
Runners stretch for calf and achilles			●	●	●	●	●	●	●	●	●	●	●	●
Stork stand for quadriceps							●	●	●	●	●	●	●	●
Toe and heel raises		●	●	●	●	●								
1/3 knee bends			●	●	●	●								
Cardiovascular Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Bike with single leg/single leg rowing	●	●	●	●	●	●								
Bike with both legs		●	●	●	●	●	●	●	●	●	●	●	●	●
Aquajogging			●	●	●	●	●	●	●	●	●	●	●	●
Treadmill-incline 7-12%							●	●	●	●	●	●	●	●
Swimming with fins							●	●	●	●	●	●	●	●
Elliptical trainer									●	●	●	●	●	●
Rowing										●	●	●		
Stair stepper											●	●	●	●
Sport Cord Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Double knee bends							●	●	●	●				
Carpet drags							●	●	●	●	●	●	●	●
Gas Pedal							●	●	●					
Forward/backward jogging										●	●	●	●	●
Single knee bends										●	●	●	●	●
Side to side lateral agility											●	●	●	●
Agility Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											●	●	●	●
Advance												●	●	●
Weights	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Leg press to 90 degrees											●	●	●	●
Leg curls – don't hyperextend											●	●	●	●
Ab/adduction											●	●	●	●
Mini squats with bar												●	●	●
Balance Squats												●	●	●
High Level Activities	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking										●	●	●	●	●
Golf													●	●
Running													●	●
Skiing, basketball, tennis, football, soccer														●