

Dr. Curtis Noel's Protocol for:

MENISCUS REPAIR



●= 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													●	●