

Dr. Curtis Noel's Protocol for:

**NON-OPERATIVE ACL**



●= Do exercise for that week/month	Week										Month			
	1	2	3	4	5	6	7	8	9	10	3	4	5	6
<b>Initial Exercises</b>														
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		●	●	●	●	●								
<b>Cardiovascular Exercises</b>	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					●	●	●	●	●	●	●	●	●	●
<b>Sport Cord Exercises</b>	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							●	●	●	●	●	●	●	●
<b>Agility Exercises</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Initial											●	●	●	●
Advance												●	●	●
<b>Weights</b>	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									●	●	●	●	●	●
<b>High Level Activities</b>	1	2	3	4	5	6	7	8	9	10	3	4	5	6
Outdoor biking							●	●	●	●	●	●	●	
Golf											●	●	●	●
Running											●	●	●	●
Skiing, basketball, tennis, football, soccer												●	●	●