

Dr. Curtis Noel's Protocol for:

NON-OPERATIVE MCL



●= Do exercise for that week/month	Week										Month			
Initial Exercises	1	2	3	4	5	6	7	8	9	10	3	4	5	6
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											●	●	●	●