

Dr. Curtis Noel's Protocol for:

MFx CHONDRAL/TIB PLATEAU



●= 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														●