

Dr. Curtis Noel's Protocol for:

NON-OPERATIVE PCL



●= 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													●	●