

Dr. Curtis Noel's Protocol for:

PCL 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														●