

POST OP SPINAL SURGERY EXERCISES

Please take the time to review the exercises you will begin to do at 6 to 12 weeks after surgery.

Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold _____ seconds.



Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.



Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



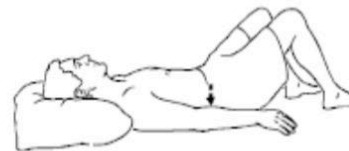
Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Lying on back with knees bent, tighten stomach by pressing elbows down. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Tighten stomach and slowly raise right leg _____ inches from floor. Keep trunk rigid. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



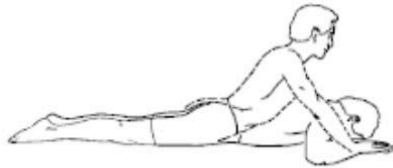
Keeping arms folded across chest, tilt pelvis to flatten back. Raise head and shoulders from floor.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Slowly raise buttocks from floor, keeping stomach tight.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



With pillow supporting abdomen, clasp hands behind back and lift upper body from floor. Keep chin tucked while lifting.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



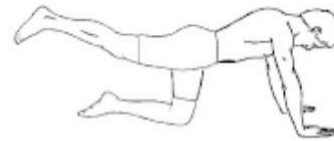
Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold _____ seconds.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



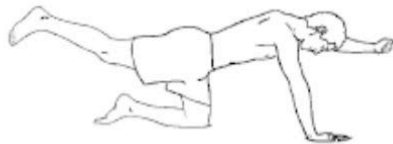
Bend knees toward chest one at a time. Use hands only to support position. Hold _____ seconds.
Repeat _____ times.



Tighten stomach and raise left arm parallel to floor. Keep trunk rigid.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Lift right leg back with knee slightly flexed. Do not arch neck or back.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Tighten stomach and raise right leg and opposite arm. Keep trunk rigid.
Repeat _____ times per set. Do _____ sets per session.
Do _____ sessions per day.



Leaning on wall, slowly lower buttocks until thighs are parallel to floor. Hold _____ seconds. Tighten thigh muscles and return.

Repeat _____ times per set.
Do _____ sets per session.
Do _____ sessions per day.

Walking is the best activity you can do for the first 6 weeks after surgery. You should start out slowly and work up to walking 30 minutes at least twice a day.

Do not be surprised if you require frequent naps during the day. Between the narcotic pain medications you will be discharged with and the stress your body has undergone in surgery, you will be tired.

Don't forget about your **restrictions** for the first 6 weeks after surgery. You need to avoid twisting and bending. You also need to avoid lifting, pushing or pulling objects greater than 5 lbs.

