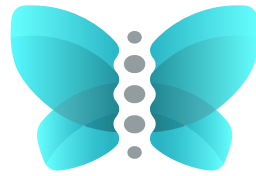




the **SUMMIT**
Together for Exceptional Health Care



inspired
spine health

1818 E 23rd Hutchinson, KS 67502 www.summitks.com

Phone: (620) 209-5101

CERVICAL/UPPER THORACIC – POST-OPERATIVE (4-12 WEEKS)

EDUCATION AND GUIDELINES

- Avoid excessive lifting and reaching overhead
 - Do **NOT** lift greater than **16 pounds for 2 months**
 - Do **NOT** lift greater than **25 pounds for 4 months**
 - Do **NOT** lift greater than **35 pounds for 6 months**
- Do NOT complete the same activity for 2 hours
- No **climbing, over the shoulder activity**, or crawling **for 3 months**
- Make frequent changes to position (avoid sitting for >30 minutes)
- Takes breaks during activity as needed
- Proper positioning in seated and lying
 - Pillow between knees in side lying
- No excessive activity/contact sports until cleared with physician
- No high intensity exercises (running, cross-training, rowing) until cleared with physician
- When can you return to work?
 - Typically, 4-12 weeks, and will be determined on individual basis with physician
- Follow wearing schedule prescribed by physician for brace
- **Wear brace for 4 months during activities with high frequency vibration (riding in car)**
- Heat/Cold for comfort
- Education on anatomy, tissue healing, nervous system, and pain

TRANSFERS

- Review transferring with appropriate mechanics, log roll with bed mobility, use upper extremity support while transitioning from sit to stand

ACTIVITIES OF DAILY LIVING (ADL'S)

- Functional training to restore normalized and pain free ADLs
- Address any functional limitation (i.e. Dressing)
- *** Consider Graded Exposure/Graded Activity***
 - Make small changes, observe symptoms for 3 days, then readjust level of activity
- Wear cervical collar with increased levels of activity or pain
- Review safe driving mechanics with brace
- Sexual activities are a healthy part of daily living and can be resumed when each patient feels ready. Be sure to listen to your body, and clearly communicate with your partner. Avoid positions which cause increased stress to the area of surgery or that increase your pain or discomfort. Contact your therapist or Inspired Spine with questions regarding this activity.

INTERVENTIONS TO ADDRESS - Impairments will be individually assessed and determined by PT and interventions progressed according to patient tolerance and need

Range of Motion (ROM)

- Cervical and thoracic mobility exercises in each plane

Strength

- Improving activation and endurance of cervical musculature and surrounding structures (i.e. paraspinals, deep neck flexors, scapular stabilizers)

Impaired Posture

- Improving deep cervical and scapular stabilization

Increased Muscle Tone

- Soft tissue mobilization
- Static to Dynamic Muscle Lengthening

Functional Activities

- Proper and safe lifting mechanics/over the head activities
- Return to work/home specific tasks

Reduction of sensitive nervous system and radicular symptoms

- Apply principles of pain neuroscience education (consider cross referral to TPS)
- Desensitize heightened nervous system with education, hands on techniques, and exercise

Balance Impairment/Fall Precaution

- Education and interventions to decrease falls risk

Patient to complete individually adjusted home exercise program 2-3x/day to improve mobility, strength, and manage pain symptoms

INJURY PREVENTION

- Education on reducing risk for future re-injury
- No repeat offenders! 😊