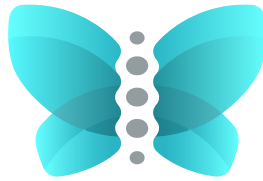




the **SUMMIT**
Together for Exceptional Health Care



inspired
spine health

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

Phone: (620) 209-5101

CERVICAL/UPPER THORACIC – POST-OPERATIVE (Day 1 to Month 1)

RESTRICTIONS/GUIDELINES FOLLOWING SURGERY

- **Avoid bending, lifting, and twisting**
- Do **NOT** lift greater than **8 pounds for 2 weeks and not more the 15 lbs. for 2 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)
- Proper positioning in seated and lying
- Takes breaks during activity as needed
- No excessive activity/contact sports until cleared with physician
- No high intensity exercises (running, cross-training, rowing)
- Education on and ensuring proper fitting of brace
- Follow wearing schedule prescribed by physician for brace
- **Wear brace for 4 weeks during ambulation**
- **Wear brace during activities which increase symptoms of pain**
- **Wear brace for 4 months during activities with high frequency vibration (riding in car)**
- Managing your pain
 - Follow physician's order for medication
 - Use of heat/cold for comfort
- Assess tissue healing/wound inspection

TRANSFERS

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

ACTIVITES OF DAILY LIVING (ADL'S)

- Abide by aforementioned guidelines and restrictions
- Complete ADL's and homemaking activities as tolerated
- Use proper assistive device as needed
- ***** Consider Graded Exposure/Graded Activity*****
 - Make small changes, observe symptoms for 3 days, then readjust level of activity
- Sexual activities are a healthy part of daily living and are able to 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.

EXERCISES - Completed 2-3 times/day to patient tolerance

- Complete exercises to prevent deep vein thrombus (DVT) formation up to 1-month post-op or until patient return to normal upright ambulation
 - Ankle pumps, heel slides, glute sets

- Active Range of Motion
 - Cervical Spine -nodding, tilting, rotating
 - Thoracic Spine – shoulder shrugs, shoulder protraction/retraction
 - Complete to tolerance in available ranges of motion
- Cervical and scapular stabilizer activation (to comfort)
 - Chin tuck, scapular squeezes
 - Cervical Isometrics (2 finger resistance)
- Aerobic Activity
 - Recumbent bike or walking (progress as tolerated)
 - Aerobic exercise is encouraged to be progressed to 20-30 minutes, 4-5 days/week