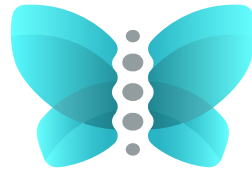




the **SUMMIT**
Together for Exceptional Health Care



inspired
spine health

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LUMBAR/SACROILIAC/LOWER THORACIC POST-OPERATIVE (DAY 1 – 1 MONTH)

GENERAL EDUCATION

- **Avoid bending, lifting, or twisting**
- **NO lifting greater than 8 lbs. for 2 weeks and not more than 15 lbs. for 2 months**
- Do NOT complete the same activity for 2 hours
- Make frequent changes to position (avoid sitting >30 minutes)
- Takes breaks during activity as needed
- **Proper positioning in seated and lying**
 - Use of lumbar roll in seated
 - Pillow between knees in side lying and under knees while lying on back
- 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
- Education on anatomy, tissue healing, nervous system, and pain
- No excessive activity/contact sports until cleared with physician
- No high intensity exercises (running, cross-training, rowing)
- Inspect wound daily for signs of infection

FOR SACROILIAC: Patient to maintain toe touch weight bearing with front wheeled walker when upright and walking.

TRANSITION TRAINING

- Safe Bed Mobility
- Log Roll Technique
- Toilet Transferring
- Safe Vehicle Transferring

FOR SACROILIAC: Ensure to complete transfers with toe touch weight bearing with front wheeled walker

AMBULATION

- Be sure to ambulate with proper assistive device (if applicable)
- Increase amount of ambulation throughout the home as tolerated

FOR SACROILIAC: Ensure ambulation and stairs are completed with toe touch weight bearing and front wheeled walker

ACTIVITIES OF DAILY LIVING (ADL's)

- Complete ADL's in safe modified manner discussed with your therapist
 - Progress to normalized completion of ADL's as tolerated
- Use proper assistive devices to decrease strain on healing structures
- Abide by general restriction and guidelines
- *** 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.

FOR SACROILIAC: Ensure completion of upright ADLs while maintaining toe touch weight bearing status and ambulation with walker for 3-4 weeks, including stairs

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

- Complete exercises to prevent deep vein thrombus (DVT) formation up to 1-month post-op or until patient return to normal upright ambulation (complete hourly if possible)
 - Ankle pumps, heel slides, glute sets
- Active Range of Motion
 - Complete to tolerance in pain-free ranges of motion
 - Knee rocks, posterior pelvic tilts
- Lumbar/Core/Gluteal Stabilizer activation (to comfort)
 - Abdominal Bracing, supine/seated gluteal/multifidus activation
- Aerobic Activity
 - Recumbent bike or walking (progress as tolerated)
 - Aerobic exercise is encouraged to be completed for 20-30 minutes, 4-5 days/week

FOR SACROILIAC: Ensure completion of upright activities, ambulation, and stairs to be completed with toe touch weight bearing