



LUMBAR/SACROILIAC/LOWER THORACIC - PRE-OPERATIVE

RESTRICTIONS/GUIDELINES FOLLOWING SUGERY

- **Avoid bending, lifting, or twisting** (PT will define for individual)
- **Do NOT complete the same activity for 2 hours**
- No climbing, crawling, kneeling, over the shoulder activities for 3 months
- Make frequent changes to position (avoid sitting >30 minutes)
- Takes breaks during activity as needed
- No excessive activity/contact sports
- Ensure proper fitting of brace
- **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 with activities which increase symptoms of pain**
- **Wear brace for 4 months during activities with high frequency vibration (riding in car)**
- When can you return to work?
 - Typically, 4-12 weeks, and will be determined on individual basis with physician

FOR SACROILIAC: Toe touch weight wearing with front wheeled walker for 4-6 weeks with ambulation and stairs

Lifting Restrictions Post-Operatively

| Post-Operative Timeline | Able to Lift Up to |
|-------------------------|--------------------|
| 0-4 Weeks | 8 Pounds |
| 4-8 Weeks | 16 Pounds |
| 2-4 Months | 25 Pounds |
| 4-6 Months | 35 Pounds |

GENERAL EDUCATION

- Managing your pain
 - Follow physician's order for medication
- ****Education on tissue healing, nervous system and pain**** (consider cross referral to TPS)
- Education on tissue healing/wound inspection
- Complete exercises to prevent deep vein thrombus (DVT) formation up to 1-month post-op
 - Ankle pumps, heel slides, glute sets

TRANSITION TRAINING

- Safe Bed Mobility
- Log Roll Technique
- Toilet Transferring

- Safe Vehicle Transferring

FOR SACROILIAC: Training to complete safe transitions with front wheeled walker and maintain toe touch weight bearing

AMBULATION

- Proper fitting of assistive device (if applicable)
- Training of proper gait mechanics with assistive device
- Proper and safe ambulation on stairs

FOR SACROILIAC: Practice and review toe touch weight bearing ambulation with front wheeled walker on even surfaces and on stairs

ACTIVITIES OF DAILY LIVING (ADL's)

- Review and recommend implementing proper assistive devices post-operatively
 - Shower chair, grab bars, reacher/pick up tool, sock-aids, slip on shoes
- Identify and implement safe alternatives for ADL completion
- ***Consider Graded Exposure/Graded Activity***
 - Make small changes, observe symptoms for 3 days, then readjust level of activity

FOR SACROILIAC: Ensure completion of upright ADLs while maintaining toe touch weight bearing status including stairs (at least the number of stairs at home)

EXERCISES - Individually adjusted for each patient by PT, to be completed 2-3 times/day to patient comfort/tolerance

- Active Range of Motion
 - Knee rocks, posterior pelvic tilts
- Seated and standing lumbar mobility exercises
 - Complete to tolerance in available ranges of motion
- Lumbar/Core/Gluteal Stabilizer activation and strength (to comfort)
 - Abdominal Bracing, supine/seated gluteal/multifidus activation
 - Sit to stands, bridging sequence, lunging sequence

INJURY PREVENTION

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