

Advice and Exercises for Patients following Spinal Surgery

Patient name: _____

Therapist name: _____

What type of surgery have I had?

Microdiscectomy _____

Spinal fusion _____

Decompression _____

Other _____

Why are exercises important following spinal surgery?

Following surgery on your spine the muscles and ligaments that support your spine are weakened. By exercising regularly after surgery you will strengthen your spine and increase your range of movements.

Managing Pain

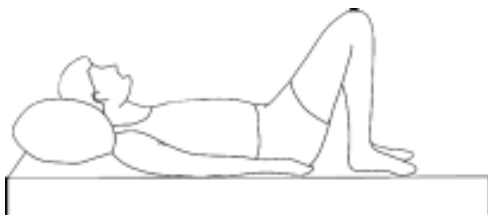
Pain is normal following surgery and does not mean that something is wrong. Pain can be well controlled by taking regular analgesia (pain relief medication) and mobilising regularly to avoid stiffness. Slowly reduce your analgesia as you improve.

If you have any concerns or questions regarding your medication do not hesitate to speak to your GP or nurse.

Continuing with your Physiotherapy exercises

You will be assessed by a physiotherapist on the day or the day after, depending on the time you return from your surgery. Your physiotherapist will teach you the exercises in the booklet, it is vital that you continue with these 3 times a day once home.

Getting In/Out of Bed



1. Bend your knees



2. Turn on your side



3. Drop your feet over the edge of the bed



4. ...as you push up with your arms

Exercises

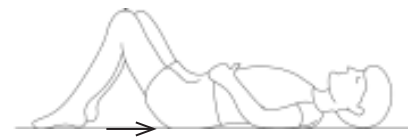
A. Static Abdominals

1. Lie on your back with knees bent and feet flat and in line with your hips.
2. Contract your stomach muscles up to flatten your back against the bed.
3. Hold for 5 seconds and then relax.



B. Static Gluts

1. Lie on your back and squeeze your bottom.
2. Hold for 5 seconds and then relax.



C. Knee Rolls

1. Lie on your back with your knees bent.
2. Tighten your stomach muscles (like in the static abdominals exercise).
3. Gently roll your knees side to side keeping your trunk still.



Bridging

1. Lie on your back with your knees bent and feet flat in line with your hips.
2. Contract your stomach muscles to flatten your back against the bed.
3. Lift your bottom into the air and hold for 5 seconds.



Clams

1. Lie on your side with your knees bent.
2. Keep your pelvis still do not let it roll back.
3. Contract your bottom muscles and lift your top knee about 4 inches off the other knee.
4. Hold for 5 seconds

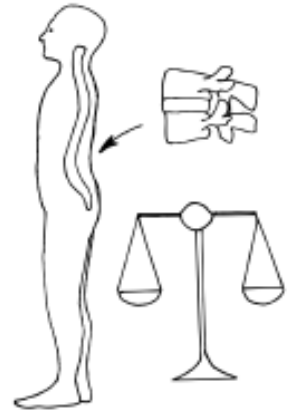


Caring for your back now and in the future

The key to having a healthy back is maintaining good posture in everyday life. Good posture helps alleviate unnecessary stresses on your spine.

Standing

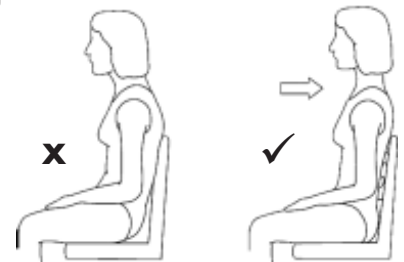
There are four natural curves in the spine, which help absorb shock and provides flexibility. Sustaining a flexed or flattened spine can put unnecessary stresses on it. Regular movement and avoiding prolonged positions should be encouraged daily.



Sitting

If you are sat for long periods of time, for example, at a desk or in the car, ensure you stand and change your position regularly.

Ensure your workstation including your chair, is set at the correct height. You may find a rolled up towel or a lumbar roll useful in the arch of your lower back.



Sleeping

A good supportive base with a comfortable, firm mattress is important. Avoid pillows that cause the neck to bend excessively as this creates poor posture around the neck.

Lifting

Think and plan before you lift. Using the big muscles in your legs whilst keeping your back straight. Step your feet around when turning instead of twisting your body.

Twisting

Avoid twisting your body without moving your feet.

If you have any comments about this leaflet or the service you have received you can contact :

Elective Orthopaedic Rehabilitation Team
Calderdale Royal Hospital

Telephone: 01422 223554

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ کی زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"