

Physical and Occupational Therapy after Spine Surgery

Preparation for your surgery



Agenda

- ❑ Pre-Operative Exercises
- ❑ What to Expect
- ❑ Post-Operative Plan
- ❑ Spinal Precautions
- ❑ Post-Discharge Plan



What to Expect



What to Expect from Physical and Occupational Therapy

Rehabilitation will evaluate you following your surgery. They will be looking at the following:

- Reviewing home layout and availability of caregivers
- Identifying any barriers to a safe discharge to home
- Physical therapy:
 - Getting out bed
 - Getting up from a chair
 - Walking and use of any assistive device
 - Stairs
 - Getting in and out of a car
 - Mobility and balance
- Occupational therapy:
 - Activities of daily living
 - Dressing, bathing, grooming, cooking, housework, etc.



After Surgery



Post-Operative Day #0

- With nursing or physical therapy
- Attempt activity with patient as pain, sedation allows
- Sit up or dangle legs at the edge of the bed
- Transfer to a chair



Post-Operative Day #1

- Out of bed to the chair
- Walk within the room
- Education regarding spinal precautions and log rolling
- Occupational therapy consultation, as appropriate



Post-Operative Day #2

- Go to the rehabilitation gym for therapy sessions
 - Via wheelchair transportation
- Increase walking distances
- Practice stairs
- Practice car transfer
- Continued education on spinal precautions
- Determine medical equipment needs and set up with provider
 - Rolling walker, cane
 - Bathroom, dressing supplies with OT



Your Hospital Room

- Use log rolling to get out of bed.
- Sit up in chair rather than in bed when possible.
 - Eating, reading, watching TV
- Use walker until you are steady on your feet and cleared by therapist.



Therapy Gym



Therapy Gym



Therapy Gym



Spinal Precautions



Precautions

- Therapists will emphasize “No BLT”
 - Bending
 - Lifting
 - Twisting



Bending

- Do not bend any further than you would with comfortable sitting
- Bend at your hips, keeping your back straight, when standing at counters



Lifting

- Do not lift anything greater than 10 pounds, until cleared by your surgeon
 - Approximate weights:
 - 1 gallon of milk \approx 8.6 pounds
 - 12" stainless steel skillet \approx 6 pounds
 - 2 liter bottle of soda/water \approx 4.4 pounds
- Pack grocery bags light
- Use a rolling bag or cart; ask for help with loading/unloading
- Do not lift overhead
 - Place frequent used items at arms reach prior to surgery.



Twisting



- Move your feet instead of twisting at your waist
- Turn your hips and shoulders together
- Take short steps around turns
- Imagine rods connecting your shoulders and your hips so that your whole body turns together
 - Turn your whole body to look behind you
 - Log roll when getting out of bed
 - Turn full body when getting out of the car, rather than just swinging your legs out

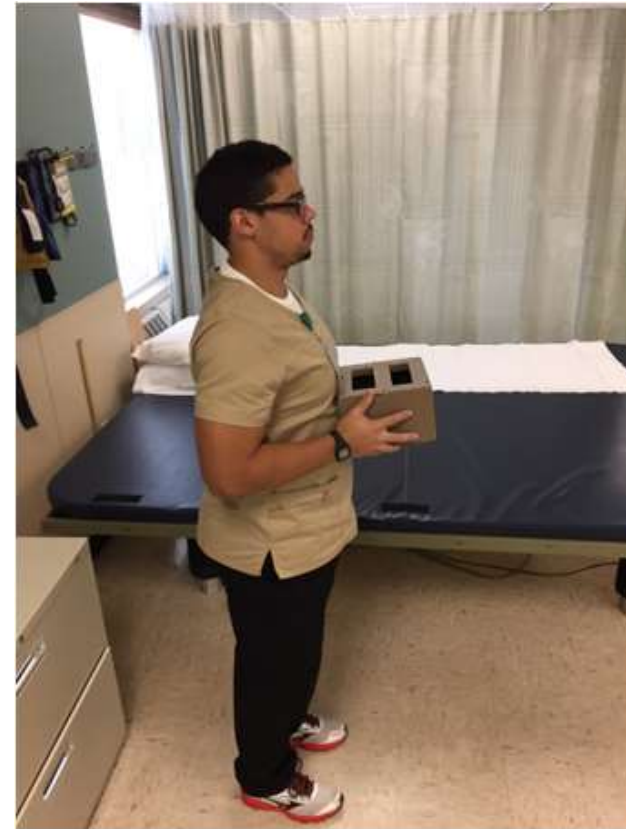


Lifting and Carrying

Wrong: Avoid carrying objects that are held away from your body.



Right: Only carry light objects and always keep them close to your body.



Bending and Lifting

Wrong: Do not bend through the back if you need to lift something off of the floor.



Right: Kneeling or using the golfer's lift, is a better option for reaching down to the floor.



Bending

Wrong: Avoid full bending in through the spine. Avoid a fully rounded out back to protect your surgery.



Right: Rather, bring your foot to your body to put on your shoes and socks. This will avoid excessive bending.



Getting out of Bed: Log Rolling

Roll onto your side

- Keep your knees together.
- Flatten your stomach muscles to keep your back from arching.
- Put your hands on the bed in front of you.



Raise your body

- Push your upper body off the bed as you swing your legs to the floor.
- Keeping your back straight, move your whole body as one unit. Don't bend or twist at the waist.
- Let the weight of your legs help you move.



Stand up

- Lean forward from your hip and roll onto the balls of your feet.
- Flatten your stomach muscles to keep your back from arching.
- Using your arm and leg muscles, push yourself to a standing position.



Getting In and Out of the Car

Sit Down

- Back up to the car seat.
- Hold on to the side of the car or the dashboard for support.
- Lower yourself slowly onto the seat edge. Watch your head.



Bring your legs into the car

- Slide back to the center of the seat.
- Lift your legs one at a time into the car.



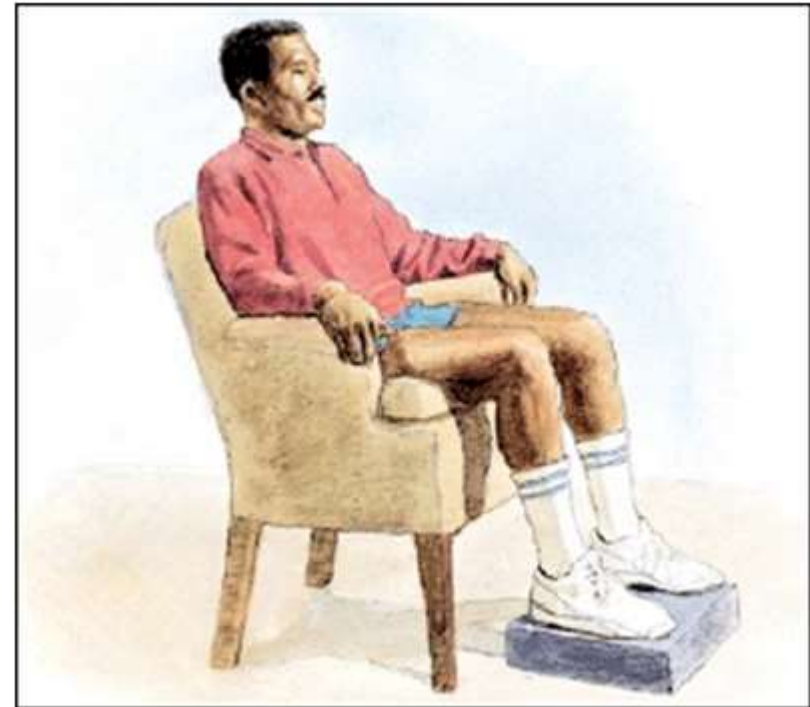
Proper Posture

- Keep your head, shoulders, and hips in line
- Chin slightly tucked
- Shoulders back, pull shoulder blades in
- Lightly draw abdominal muscles in
- Avoid slumping back
- Avoid sway back
- Keep your weight equal on both sides



Proper Sitting

- Do not sit for longer than 30 minutes.
- Keep your feet flat. Don't cross your legs.
- Make sure your back and your legs are supported.
- Use a foot stool if needed.
- Support your arms.
- Avoid slouching or slumping.
- Avoid very soft or plush chairs and couches.



Sitting Down



- Follow these steps to sit down. Reverse them to get back up.
- Make sure the chair is behind you.
- Place one foot slightly behind the other.
- Tighten your stomach muscles. Bend forward from the hips, keeping your back straight.
- Hold the armrests or sides of the seat for support.
- Bend your knees. Use your leg muscles to lower yourself onto the seat.
- Scoot back in the seat until you are comfortable.



Sleeping Positions



On Your Back

- On your back
- Pillow for head
- Pillow supporting legs



Side-Lying

Right: Use a pillow between your knees.



Wrong: Avoid twisting the spine.



On Your Stomach

If allowed by your surgeon

- Support feet.
- Support your abdomen.
- Keep your head and neck in center.



Post-Discharge



Outpatient Therapy Following Discharge

- Outpatient physical therapist will do an evaluation of your status.
- Therapists will continue to progress your motion, mobility, balance, and strength—especially core strength.
- You will be provided with a home exercise program.
- Individualized goals will be set.
- Walking and cardiovascular exercises will be emphasized.
- You will have a goal to get up to 45 min of activity per day to keep your spine healthy.



Outpatient Therapy Gym at Saint Luke's Hospital of Kansas City



Outpatient Therapy Gym at Saint Luke's Hospital of Kansas City



Questions?

