

Precautions and Body Mechanics

After surgery you will be placed on **Spine Precautions**, or more simply, ways to avoid moving after surgery. These will begin immediately following surgery and should be followed until your post op visit, typically 4-6 weeks. They are as follows:

- **NO Bending**
- **NO Lifting**
- **NO Twisting**

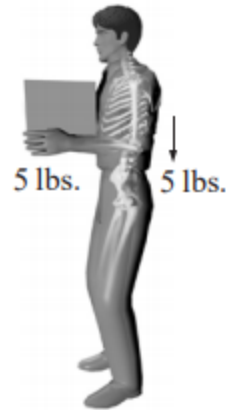


1. Do not ***bend*** forward at the waist more than 90 degrees or raise knees higher than hips.

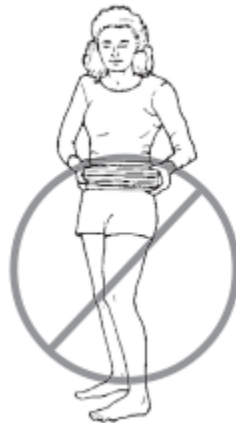


2. Do not ***lift*** more than 8 pounds.

- For example:*
- 12-pack of soda.....10 pounds
 - Gallon of milk.....8.8 pounds
 - 2 liters of soda7.8 pounds
 - Large saucepan1 pound



3. Do not **twist** trunk while performing any activity.



4. Do not cross knees or ankles while sitting, standing, or lying.



Body Mechanics

Sleeping

- Use pillows for positioning as needed for comfort.
- You may sleep on your back, side or stomach.
- Use the **log roll** technique when getting in and out of bed.



Sitting

- Limit sitting to short periods of time, no more than 30-45 minute increments initially. Change positions often.
- Avoid soft sofas, chairs on wheels, low and deep chairs which are difficult to stand from. Scoot to the edge of the seat before standing up so that your body weight is over your legs.
- Use a chair with arm rests and back support.
- Gradually increase your sitting time over 1-2 weeks.
- If you feel increased discomfort after sitting for a while, you should decrease the amount of time you sit.

Standing

- Adjust work heights to avoid bending and reaching.
- Change position by weight shifting, walking, or putting foot on low stool.
- Wear comfortable shoes with good support.

Pushing/Pulling

- Push rather than pull
- Keep back straight and head up.
- Keep knees and elbows slightly bent.

Lifting

- Do not bend at the waist.
- Bend at the hips and knees.
- Do not lift objects heavier than a gallon of milk (8 lbs).

Walking

Walking is encouraged. Do not over exert yourself. Walk whatever distance is comfortable. If your back and legs start to hurt, you have walked too far. Avoid vigorous activities such as vacuuming, running, golfing, skiing and tennis as these activities put stress on your spine.

Stairs

It is ok to go up and down stairs. Ask for assistance if you need it. If your home is multilevel, try to arrange to have everything on one floor for convenience.