

LUMBAR DISKECTOMY / FUSION POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 - 30

- TLSO - Per surgeon
- Should never be required, but may be worn for comfort
- Ambulation progression as tolerated
- Use assistive device as needed (FWW, Cane)
- Progress to treadmill when independent
- Bed mobility / Positioning
- Log rolling, instruct in proper transfers (oob to chair, car)
- Place pillow between knees when sidelying
- Place pillow under knees when supine
- Ankle pumps, glut sets, quad sets
- Pelvic tilts
- Short arc quads
- Deep breathing exercises
- Posture education
- Use lumbar roll when sitting
- Maintain neutral posture

- **Diskectomy**
- AVOID SITTING, avoid long car rides x 2 weeks
- NO bending, twisting or lifting over 10 pounds

- **Laminectomy**
- May sit, bend and twist without limitations
- Lift as pain permits

- **Fusion**
- Sit in chair for all meals
- Sit at 30+ minute intervals throughout the day
- Bending, twisting, lifting as pain permits
- TENS / Ice to assist with pain relief

GOALS

- Pain control
- Ambulate without assistive device up to 1 mile per day

MONTHS 1 - 3

- Continue appropriate previous exercises
- Wall squats
- Lumbar stabilization exercises
- Push-up progression - Wall to table to chair
- Abdominal crunches beginning at 6 wks post-op - NO Sit-ups
- Treadmill - Walking progression program
- Elliptical trainer
- Stairmaster Pool therapy
- LE stretches - HS, quads, gastroc/soleus, hip flexors
- Back stretches
- Knee to chest, supine rotation, piriformis
- Prone extension
- May begin lifting and bending using proper biomechanics

GOALS

- Walk 2 miles at 15 min/mile pace
- Pain-free ADLs Able to lift 20 lbs with ease

MONTHS 3 - 6

- Continue appropriate previous exercises
- Functional training exercises for sports or work specific activities
- Push-up progression - Knees to regular
- Sit-up progression Treadmill - Running progression program

GOALS

- Resume all activities at 6 months post-op

