



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
5005 N. PIEDRAS ST
EL PASO, TEXAS 79920



CERVICAL FUSION / ARTHROPLASTY

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Post-op Days 1 – 30

Usually not referred to PT until after 30 days of Con Leave
C-collar – Per surgeon, wear at night for comfort
Sit in chair for all meals
Sit at 30+ minute intervals throughout the day
Posture education – Use lumbar roll when sitting
Pelvic tilts
Spinal stabilization ex – in supine, neck supported (no bridging)
Upper extremity active motion (AROM) to tolerance
Deep breathing exercises
Cervical AROM in pain-free range – No PROM (NO Stretching)
Gentle 2-finger isometrics
Scapular retraction, shoulder shrugs, chin tucks
Stationary bike
Treadmill – Walking progression program as tolerated
Lifting to tolerance with proper body mechanics – Pain free
Ice as needed

Goals

Pain control
Independent ambulation, mobility and ADLs

Months 1 – 3

Continue appropriate previous exercises
Upper extremity Theraband x 6
Scapular retraction exercises with Theraband
Biceps / triceps strengthening with light weight
UBE
Elliptical trainer
Upper trap / postural stretches
Ergonomics education
TENS and ice to assist with pain relief prn

Goals

Full AROM C-spine
Able to lift 20 lbs with ease

Months 3 – 6

Weight training (UE & LE) as tolerated
– No overhead resistance exercises
Work hardening / MOS specific exercises
Theraband PNF with lumbar stabilization principles
Push-up progression
Sit-up progression
Treadmill – Running progression program

Goals if fused, pain-free and reconditioned

Pass APFT at 6 months post-op
Resume all activities at 6 months post-op

Months 6+

Functional training exercises for sports or work specific activities
Progressive weight training
High impact / aerobic activity
May begin wearing Kevlar and carrying rifle
May begin contact sports

BRYAN L. BOYEA
LTC, SP
Chief, Physical Therapy

RICHARD J. TEFF
LTC, MC
Chief, Neurosurgery

