LUMBAR LAMINECTOMY / DISKECTOMY
LUMBAR FUSION

Revised August 2008

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
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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

Months 3 – 6

Continue appropriate previous exercises
Work hardening / MOS specific exercises
Push-up progression – Knees to regular
Sit-up progression
Treadmill – Running progression program

Goals

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

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