LUMBAR LAMINECTOMY / 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