



POST-OPERATIVE CERVICAL FUSION PROTOCOL

Brace	<ul style="list-style-type: none"> You must wear your brace for 6 weeks. Brace must be worn at all times.
Driving	<ul style="list-style-type: none"> You are not allowed to drive for 6 weeks. Restrict any travelling in a car as much as possible for 6 weeks.
Work	<ul style="list-style-type: none"> You will not be able to go to work for 6 weeks.
Lifting, carrying	<ul style="list-style-type: none"> Do not lift anything heavy for 6 weeks (>1kg). Limit any housework as much as possible for 6 weeks, especially where you work with both arms above your head, i.e. hanging washing.
Sleeping	<ul style="list-style-type: none"> It is not advisable for you to ever sleep on your stomach again. For 0 to 6 weeks post-op: <ul style="list-style-type: none"> Sleep on your back with a low pillow and your brace; or Sleep on your sides with your neck brace on and your neck straight.
Return to gym	<ul style="list-style-type: none"> Stationary cycling and walking after 6 weeks. Any other gym activities from 12 weeks.
Exercises:	
In sitting	<ol style="list-style-type: none"> Scapula stability exercise: <ul style="list-style-type: none"> Hold for 10 seconds. Repeat 10 times. Shoulder flexion exercises: <ul style="list-style-type: none"> Shoulder flexion with right arm (10 times). Shoulder flexion with left arm (10 times). Shoulder flexion with both arms (10 times). Shoulder flexion alternating arms (10 times). Shoulder rolls backwards (10 times). Posterior capsule shoulder stretch (both arms): <ul style="list-style-type: none"> Hold for 30 seconds each side. Isometric neck exercises: <ul style="list-style-type: none"> Put your hand on your forehead and push your head against your hand and your hand against your head keeping the neck still. <ul style="list-style-type: none"> Hold for 5 seconds. Repeat 5 times. Put both hands behind your head and push your head against your hands and your hands against your head keeping the neck still. <ul style="list-style-type: none"> Hold for 5 seconds. Repeat 5 times. Repeat with one hand against the side of your head. Repeat with the other hand against the other side of your head.
In standing	<p>Neural mobilisation:</p> <ul style="list-style-type: none"> Basic: <ul style="list-style-type: none"> Correct your posture and find scapular neutral. Hold your hands out in front of you and keep your elbow straight.

	<ul style="list-style-type: none"> ○ Slowly straighten your fingers and bend your wrist and fingers backward, keeping your palms facing the floor. ○ Then make a fist and curl your wrist down towards your thighs. ○ Repeat 10 times. ● Median nerve: <ul style="list-style-type: none"> ○ Correct your posture and find scapular neutral. ○ Hold your arms out to your sides with your hands about 30cm away from your body. ○ Turn your arms and hands outward. ○ Straighten your fingers and stretch your wrists and fingers back slowly, then release. ○ Repeat 10 times. ● Radial nerve: <ul style="list-style-type: none"> ○ Correct your posture and find scapular neutral. ○ Hold your arms out to your sides with your hands about 30cm away from your body. ○ Turn your arms and hands inward, curl your fingers in and bend your wrists up slowly, then release. ○ Repeat 10 times.
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Please consult with your physiotherapist at 6 weeks to progress your exercises.



Good luck with your rehabilitation!