



POST-OPERATIVE LUMBAR FUSION PROTOCOL

Brace / Corset	<ul style="list-style-type: none"> The brace must be worn at all times (except in bed) for 6 weeks.
Sitting	<ul style="list-style-type: none"> No sitting for the first 6 weeks. You may sit on the toilet. You may not sit in the bath.
Showering	<ul style="list-style-type: none"> You can shower or wash in a standing position. You can't bend to wash your legs, so you will have to lift your feet up one at a time.
Bending, lifting, carrying	<ul style="list-style-type: none"> Avoid bending and twisting for 6 weeks. Don't lift anything too heavy (>3kgs).
Driving	<ul style="list-style-type: none"> You may not drive for at least the first 6 weeks. NOTE: Because you can't drive and sit you won't be able to go to work for 6 weeks.
Stretches and Exercises:	
Week 0 to 6:	<ol style="list-style-type: none"> Moving in and out of the bed – roll sideways, bending one knee to get in and out of bed. Neural stretch (side-lying): <ul style="list-style-type: none"> Lie on your side with the knee bent and slightly backwards. Straighten the knee in this position. Move your foot up and down 10 times while keeping the knee straight. Bend the knee again, move it slightly forward, and straighten the knee in the new position. Move foot up and down 10 times. Repeat with the other leg. Glute maximum stretch: <ul style="list-style-type: none"> Figure 4 position. Hug your knee toward your chest. Slowly angle it toward opposite shoulder. Repeat with other leg. Hold each side for 30 seconds. Repeat 3 times. Piriformis stretch: <ul style="list-style-type: none"> Bend one leg up and cross the foot over the knee of the straight leg. Pull the knee towards the opposite shoulder. Repeat with other leg. Hold each side for 30 seconds. Repeat 3 times. Stabilising with alternate leg straightening. <ul style="list-style-type: none"> Repeat 10 times with each leg. Stabilising with controlled leg fallout. <ul style="list-style-type: none"> Repeat 10 times with each leg.

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| | <p>7. Bridging:</p> <ul style="list-style-type: none">• Stabilise NB!• Hold each bridge for 5 seconds.• Repeat 10 times. <p>8. Clam exercise:</p> <ul style="list-style-type: none">• Lie on side with knees and hips bent to 45° (stabilise).• Keep feet together, lift knee up and out.• Repeat 10 times with each leg. <p>All exercises twice daily.</p> |
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Please consult with your physiotherapist at 6 weeks to progress your exercises.



Good luck with your rehabilitation!