

# ACTIVITY AFT



## Wearing a Brace

Your doctor may tell you that you will need to wear a back brace or neck collar after surgery. Your nurse or therapist will show you how to wear the brace, if ordered. Your discharge instructions will have more details related to your specific surgery and when to wear your brace or collar.

Soon after surgery, your nurse or physical therapist will explain how you should get out of bed and will assist you.

The physical therapist will help you learn how to use the walker, if necessary. You'll also learn how to climb stairs.

As your rehabilitation progresses, you will have less pain, and your activity level will increase. Your physical therapist will work with you to set up a walking plan.

# ER SURGERY

ACTIVITY PLAYS A KEY ROLE IN YOUR RECOVERY.



## Walking

You will be out of bed and walking soon after the surgery.

- ✓ You will need to wear a **back** brace when you are up more than 15 minutes, unless otherwise directed by your surgeon.
- ✓ You will need to wear a **neck** collar at all times, unless otherwise directed by your surgeon.
- ✓ You may need to use a walker for balance after the surgery.
- ✓ You will need help to walk in the halls several times a day. Remember to call for help whenever you get out of bed.



## SLEEPING POSITIONS

When sleeping on your back, place a pillow under your knees. A pillow with neck support is recommended.

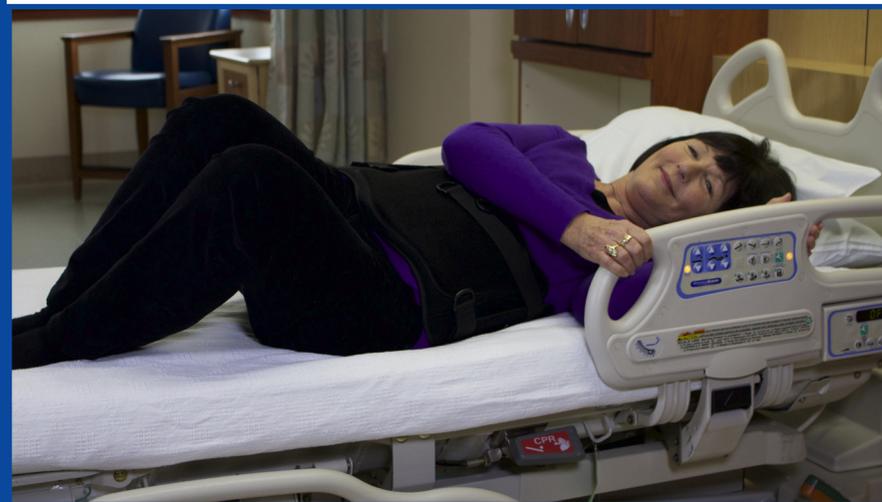


Place a pillow between your knees when lying on your side. Use neck and waist support, as needed.

## GETTING OUT OF BED

You will be taught how to log roll for safer and more comfortable repositioning and transferring in and out of bed. The purpose of log rolling is to avoid twisting your spine, protecting your surgery.

Bend both knees and reach across your chest, toward the direction you are turning.



Push with your legs and roll in one motion, moving as one unit.



## SITTING UP

Raise up by using your arms to push up and lowering your legs. Do not twist your back or trunk.



## GETTING INTO BED

Sit on the side of the bed.



Gently lower yourself using your arms for support and bringing your legs up onto the bed in one motion. Do not twist.



## SITTING IN A CHAIR

Staff will assist you out of bed soon after your surgery and encourage time out of bed walking and sitting in a chair..

- Limit sitting in a chair to 45 minutes at one time.
- You will need to wear your brace, if ordered, for any out-of-bed activity longer than 15 minutes.
- Sit in a stable chair with armrests.
- Push up through your legs to stand. Light pressure through your arms on the armrest will help with control.

## GETTING UP FROM A CHAIR

- Scoot as close to the edge of the chair as possible.
- Place your feet firmly on the floor.
- Bend forward at the hips. Keep your back straight.
- Push off at the armrest while using your legs to stand.

