

12 Months After Spinal Fusion

Patient Instructions

Activity

- You are encouraged to keep in shape, using good body mechanics such as correct posture in the way you sit and stand.
- You should participate regularly in a strength-training program and in aerobic exercise.
- You are still encouraged to walk. You may walk as much as you like as long as you are comfortable.
- You may walk or swim laps in the pool or participate in water aerobics.
- You are released to participate in non-contract sports. You may bowl, ride a stationary or regular bike, do aerobics, etc.
- You may return to golf as tolerated.

Medications

- Medication renewals should be obtained from your Primary Care Physician.
- You may take anti-inflammatory medications such as Motrin, Ibuprofen, Relafen, Celebrex, Advil, or Naprosyn as needed.

Ice

- Use ice as needed for discomfort.

Returning to Work

- No repeated bending, twisting, or lifting.
- Avoid aggravating activities
- No Lifting greater than 25lbs - 30lbs for women and 35lbs - 40lbs for men (from counter height to your chest, not from the floor or overhead).
- You may return to work at full duty with the above guidelines.

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ANN ARBOR NEUROSCIENCE cares for brain and head problems with its team of neurosurgeons.

ANN ARBOR SPINE CENTER takes a multidisciplinary team approach to back and neck problems to emphasize nonsurgical treatment options before exploring spine surgery.

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On-line educational encyclopedia
with home remedies, symptom charts and
video animations about spine at:
www.AnnArborSpineCenter.com