

## 6 Weeks Post-Op

### Microdiscectomy, Posterior Decompression, or Dynamic Stabilization

### Patient Instructions

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#### Activity

- Walking is your primary exercise. You may walk up to one mile a day if you are comfortable.
- You may swim laps or walk in a pool.
- You may ride a stationary bike or walk on a treadmill (no running or jogging)

#### Restrictions

- No excessive bending or twisting of the spine.
- No lifting greater than 5lbs (from the counter to your chest, not from the floor or overhead).

#### Driving

- You can drive when you are not taking any narcotic medications and you feel safe to drive. If you can react quickly, step on the brake quickly, look over your shoulder easily, etc.

#### Medications

- If you are still on narcotic medications, you should wean yourself off.
- Call the office if you need refills, at least 48 hours notice.
- You may take anti-inflammatory medications such as Motrin, Ibuprofen, Relafen, Celebrex, Advil, Naprosyn, etc. as needed.

#### Ice

- Use ice as needed for discomfort. Especially after exercise. No longer than 30 minutes at a time.

#### 3 months after your surgery (6 weeks from now)

- You may do "axis centered" exercise, such as pilates or yoga. These exercises emphasize strengthening the core muscles of your back and abdomen.
- You may resume your normal activity, but should progress slowly. You should avoid repetitive bending and/or twisting motions of your spine, and should use proper body mechanics with any lifting.

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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.

#### SPINE & NEURO-SURGEONS

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On-line educational encyclopedia with home remedies, symptom charts and video animations about spine at:  
[www.AnnArborSpineCenter.com](http://www.AnnArborSpineCenter.com)