

After screw fixation of a broken back (thoracolumbar spine)

After spine surgery



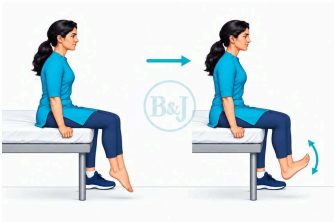
Count the weeks from the day of your operation. The date is on your discharge card.

If your doctor wrote a different plan on your prescription, follow that instead of this page.

Weeks 0–2

Sit up and walk from the first days after the operation, with help at first and with the Taylor brace on. Put the brace on while lying down, then roll onto your side and push up with your arms. Short walks, often. Keep the ankles moving to protect against clots.

Weight bearing Full, in the brace, as comfortable, unless we have told you otherwise.



Ankle pumps

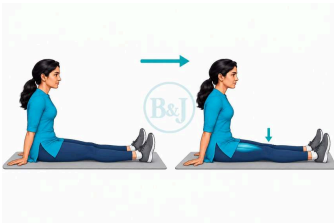
Pump the feet up and down to keep the blood moving.

20 times

Every hour while awake

✓ **Should feel**
The calf working

✗ **Should not feel**
Calf pain or swelling — tell us



Quad sets

Sit with the leg straight. Press the back of the knee down and tighten the thigh.

Hold 5 seconds

10 times

3 times a day

✓ **Should feel**
The thigh muscle tightening

✗ **Should not feel**
Knee pain



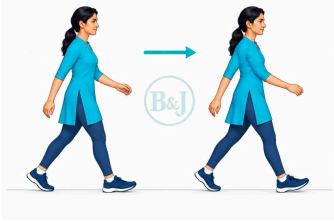
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Listen to it read aloud, in English, हिंदी or मराठी — or ask for sheet 91

Nallasopara West 87665 22099 · 12–2 pm, 7.30–9.30 pm

Virar East 92702 84859 · 5.30–7.30 pm

Monday to Saturday · Sunday by prior appointment only



Walking

Walk in short blocks. Sit before the pain builds, then carry on.

Little and often

Every day

✓ **Should feel**

Distance building slowly

✗ **Should not feel**

Pushing through heavy legs

Not yet Bending forward, twisting, lifting, or driving. Sitting on the floor, squatting or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Weeks 2–6

Stitches out. Wear the brace whenever you are up: sitting, standing and walking. You can take it off in bed and to bathe. Walk a little further each day. Carry on with the earlier exercises.

Weight bearing Full, in the brace.



Walking

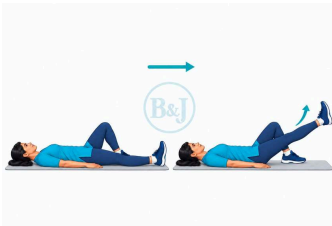
Weight-bearing walking loads the bone and helps it stay strong.

30 minutes

Most days

✓ **Should feel**
Comfortable exercise

✗ **Should not feel**
Sudden back pain — stop and tell us



Straight leg raise

Lie down, one knee bent. Keep the other knee straight and lift the leg 20 cm.

10 times

3 times a day

✓ **Should feel**
The thigh working

✗ **Should not feel**
The knee bending or back pain



Standing hip extension

Hold a chair. Take the leg backwards, keeping it straight.

10 times

Daily each side

✓ **Should feel**
The buttock working

✗ **Should not feel**
Arching the back

Not yet Bending, twisting or lifting, or riding a two-wheeler. Sitting on the floor, squatting or using an Indian toilet — until we have told you it is safe.

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Weeks 6–12

Keep wearing the brace whenever you are up, for 12 weeks in all, unless we tell you otherwise. Build leg and tummy strength. Carry on with the earlier exercises.

Weight bearing Full, in the brace.



Core brace

Lie on your back, knees bent. Tighten the tummy gently as if bracing for a poke. Keep breathing.

Hold 10 seconds

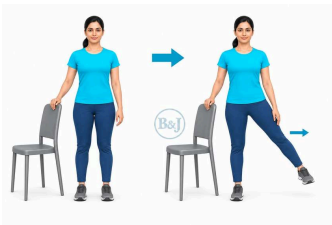
10 times

✓ Should feel

A firm, gentle tension

X Should not feel

Holding your breath



Standing hip abduction

Hold a chair. Lift the leg out to the side, keeping the body upright.

10 times

Daily each side

✓ Should feel

The side of the hip working

X Should not feel

Leaning over



Single-leg balance

Stand on one leg beside a worktop. Balance prevents falls, and preventing falls prevents fractures.

30 seconds

3 times a day

✓ Should feel

Working to stay steady

X Should not feel

Losing balance — hold on

Not yet Lifting anything heavy, or bending to pick things up from the floor. Sitting on the floor, squatting or using an Indian toilet — until we have told you it is safe.

Move to the next stage only after we have seen you, and the X-ray if one was planned.



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Month 3 onwards

Brace off, as the X-ray shows healing. Build back and tummy strength and return to work gradually; heavy manual work only after we clear you. Lift with the knees bent and the load close to the body.

Weight bearing Full.



Bridging

Lie on your back, knees bent. Lift your hips off the floor, hold, then lower.

10 times

2 times a day

✓ Should feel

The buttocks and back of thighs working

✗ Should not feel

Cramp, or back pain



Bird dog

On hands and knees, stretch one arm forward and the opposite leg back. Keep the back still.

Hold 5 seconds

8 each side

✓ Should feel

The back and tummy working together

✗ Should not feel

The back arching or twisting

Not yet Heavy lifting from the floor until we clear you.

Stop and telephone us if

- Loss of control of urine or stools, or numbness between the legs — go to the hospital the same day
- New weakness, numbness or tingling in the legs
- Sudden severe back pain, or a crack or click felt in the back
- Wound redness, discharge or fever
- Sudden breathlessness, chest pain, or a swollen, painful calf — go to the nearest hospital



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