LUMBAR LAMINECTOMY / DISKECTOMY / FUSION
POST-SURGICAL REHABILITATION PROTOCOL

POST-OP DAYS 1 – 30

• TLSO – Per surgeon
  – Should never be required, but may be worn for comfort
• Ambulation progression as tolerated
  – Use assistive device as needed (FWW, Cane)
  – Progress to treadmill when independent
• Bed mobility / Positioning
  – Log rolling, instruct in proper transfers (oob to chair, car)
  – Place pillow between knees when sidelying
  – Place pillow under knees when supine
• Ankle pumps, glut sets, quad sets
• Pelvic tilts
• Short arc quads
• Deep breathing exercises
• Posture education
  – Use lumbar roll when sitting
  – Maintain neutral posture
• Diskectomy
  – AVOID SITTING, avoid long car rides x 2 weeks
  – NO bending, twisting or lifting over 10 pounds
• Laminectomy
  – May sit, bend and twist without limitations
  – Lift as pain permits
• Fusion
  – Sit in chair for all meals
  – Sit at 30+ minute intervals throughout the day
  – Bending, twisting, lifting as pain permits
• TENS / Ice to assist with pain relief
**GOALS**

- Pain control
- Ambulate without assistive device up to 1 mile per day

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**MONTHS 1 - 3**

- Continue appropriate previous exercises
- Wall squats
- Lumbar stabilization exercises
- Push-up progression – Wall to table to chair
- Abdominal crunches beginning at 6 wks post-op – NO Sit-ups
- Treadmill – Walking progression program
- Elliptical trainer
- Stairmaster Pool therapy
- LE stretches – HS, quads, gastroc/soleus, hip flexors
- Back stretches
  - Knee to chest, supine rotation, piriformis
  - Prone extension
- May begin lifting and bending using proper biomechanics

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**GOALS**

- Walk 2 miles at 15 min/mile pace
- Pain-free ADLs Able to lift 20 lbs with ease

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**MONTHS 3 - 6**

- Continue appropriate previous exercises
- Functional training exercises for sports or work specific activities
- Push-up progression – Knees to regular
- Sit-up progression Treadmill – Running progression program

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**GOALS**

- Resume all activities at 6 months post-op