

## **GUIDELINES AND RESTRICTIONS FOLLOWING THORACIC SPINE SURGERY:**

- No excessive bending, lifting or twisting until fusion (determined from follow up x/rays)
- Walking twice a day for 15-20 minutes and time and frequency may increase if pain allows.
- No driving until 4-6 weeks after surgery or as pain allows
- No lifting >5-10 pounds until fusion is seen (determined from follow up x/rays), approximately 3 months post surgery
- Physical therapy may be ordered approximately 6 weeks after surgery
- Keep incision covered and dry for 2 weeks, using occlusive dressing.
- No pools, hot tubs, bathes or submerging the incision for a minimum of 3 weeks.
- Please wear your brace when you are doing activities. This will keep you mindful of your posture and keep you secure from over exerting certain positions.

Please note these are guidelines. Everyone heals and recuperates at different rates. Your activities will be dictated by pain tolerance and rate of your fusion.

If you have any questions or concerns, please contact Kim at 310-385-8010 or 310-385-8011.

Take care and remember to take it real slow, take your time and be patient with your healing process.