Post Surgical Spinal Precautions – Lumbar Surgery

1. Do not bend forward at the waist more than 90° or raise knees higher than hips.

2. Do not lift more than 10 pounds.

   For example:
   - 12-pack of soda ........ 10 pounds
   - Gallon of milk ................ 8.8 pounds
   - 2 liters of soda ................ 7.8 pounds
   - Large saucepan ............. 1 pound

3. Do not twist trunk while performing any activity.
4. Do not **cross** knees or ankles while sitting, standing or lying.

5. Always log roll out of bed. Have a pillow between your knees for comfort and to help maintain precautions if necessary.

**Tip:** Change positions often and alternate rest (sitting and lying down) with activity (walking and exercise) to increase comfort. Avoid sitting and standing for long periods of time.