



Post Surgical Spinal Precautions – Lumbar Surgery

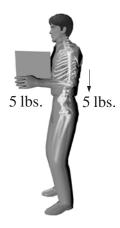
1. Do not *bend* forward at the waist more than 90° or raise knees higher than hips.



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 soda7.8 pounds
- Large saucepan1 pound



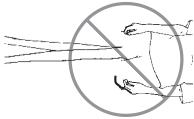
3. Do not *twist* trunk while performing any activity.



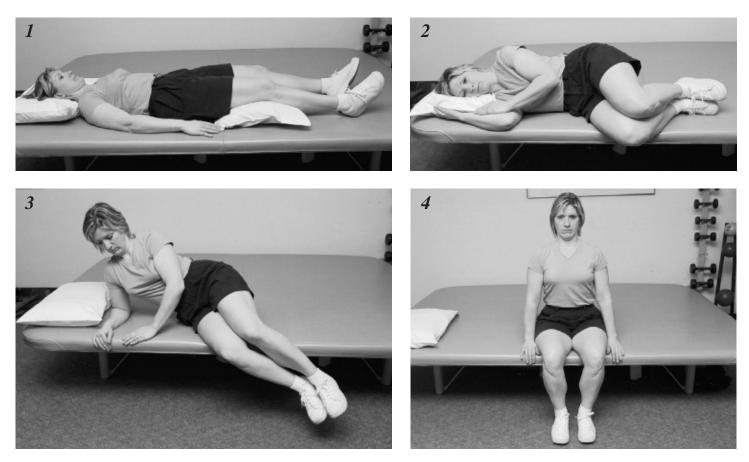
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4. Do not *cross* knees or ankles while sitting, standing or lying.





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.

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.