Post Surgical Spinal Precautions – Lumbar Surgery

1. Do not *bend* forward at the waist more than 90º 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.

*Continued*
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.