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.

   - 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.

   For example:
   - 5 lbs. 5 lbs.
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.