Spinal Precautions After Cervical Surgery

1. Wear your collar at all times or as recommended by your doctor.
2. Do not lift or carry objects that weigh more than 5 to 8 pounds.
3. Do not lift arms above shoulder height.
4. Limit neck motion as instructed by doctor.
5. Obtain doctor’s approval before you begin driving.

Proper positioning after cervical surgery

- Avoid lying with too many pillows.
- You may need to sleep in a recliner for a while until you are more comfortable lying down. Be sure to keep your back and neck supported if you use a recliner to sleep, avoiding too many pillows.
- Change positions often to be most comfortable. Staying in one position for too long can cause stiffness and pain.

- Be sure to use good sitting posture. Sit upright in a chair with arms if you have it.
- It’s all right to place pillows under your arms so they are supported, if needed.

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. Aurora Health Care is a not-for-profit health care provider and a national leader in efforts to improve the quality of health care.