

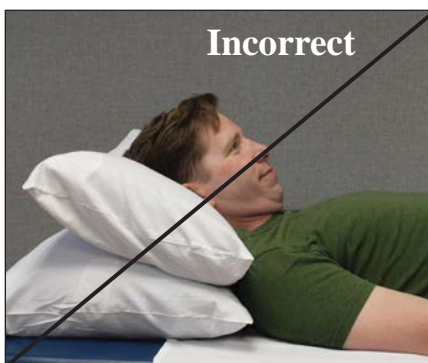
## Spinal Precautions After Cervical Surgery

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.



- 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.

- 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.