

Spinal Precautions

Please call Therapy Services at 314-454-6154 if:

- You have any therapy questions or concerns
- You have any increase in pain with these activities

My therapist's name is: _____

Date: _____

Spinal Fusion Safety Measures:

- **NO hip flexion past 90 degrees**

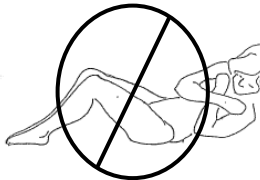
No fat couches that you sink into.
No low toilet seats, etc.



- **NO traction on the spine**

Do NOT pull your child up in bed by the arms.

- **NO trunk rotation**



- **NO side bending**



How do I stand up from a sitting position?

STEP 1: Slide to the edge of the bed or chair.

STEP 2: Place your feet flat on the floor.

STEP 3: Put your hands to your sides with palms on the bed or chair.

STEP 4: Keeping your back straight, push up with your hands and legs. Do NOT bend forward.



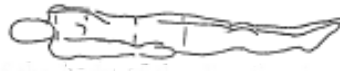
Keep your back straight!

Spinal Precautions

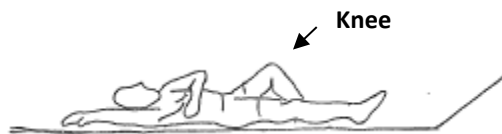
How do I LOG ROLL from laying down to sitting up?

NOTE: Always log roll with your shoulders and hips together. Make sure that the head of the bed is **flat!** Never log roll with the head of the bed elevated. This can cause trunk-side bending.

STEP 1: Start flat on your back.
Legs and arms straight.



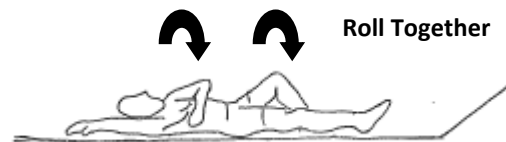
STEP 2: Bend your knee on the opposite side of the body and point it in the direction you want to turn.



STEP 3: Reach with your arm on the opposite side of the body and lay it across your chest in the direction you want to turn.



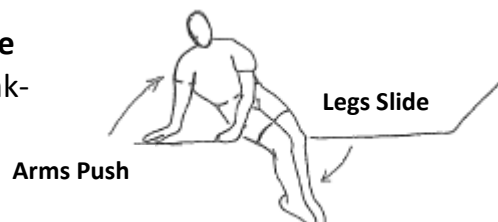
STEP 4: Allow your bent knee to roll across your body at the same time you reach with your arm. Roll together, keeping your shoulders and hips together.



STEP 5: Once you are laying on your side, bend your knees slightly. Take your arm and place it on the bed in front of your body. Your arms are ready to push up.



STEP 6: Slide your legs off the bed at the **same time** Your arms push up. This helps prevent trunk-side bending.



Spinal Precautions

Exercises: Do each of these 2 times a day.

1. Flexion

- Lift your arm above your head, keeping your elbow straight. Go as far as possible. (You should feel a stretch but **not** pain.) Use your other arm as needed for assistance.
- Relax, and return to the starting position.
- Do this exercise 10 times in a row with your left arm, then 10 times with your right.



2. Abduction

- Start with your hands at your side, palms forward. Lift your arms out to the side and over your head. (You can do one arm at a time.)
- Return to the starting position.
- Do this exercise 10 times in a row.



3. ER stretch, spine

- Lie on your back. Place your arm at a right angle to your body. Bend your elbow 90 degrees. Gently rotate your shoulder by lifting your hand above your head (back of your hand towards the bed). Keep your elbow supported on the bed.
- Relax, then rotate your shoulder forward, palm towards the bed.
- Do this exercise 10 times in a row with your left arm, then 10 times with your right.



4. Heel to Buttock

- Lie flat in bed. Slide your foot back with your heel towards your buttocks. (Do NOT bring your hip past 90 degrees).
- Relax, slowly straighten your knee.
- Do this exercise 10 times in a row with your left leg, then 10 times with your right.



5. Hip Abduction/Adduction, supine

- Lie on your back. Keep your knees straight and your toes pointing upward. Slowly move your leg out to the side as far as possible.
- Return to the starting position.
- Do this exercise 10 times in a row with your left leg, then 10 times with your right.



6. Ankle Pumping (increase range of motion and improve blood flow)

- Lie on your back. Point your toes downward, then up, in a slow steady motion.
- Do this exercise 10 times in a row with your left foot, then 10 times with your right.

