



PHYSICAL THERAPY SECTION
WILLIAM BEAUMONT ARMY MEDICAL CENTER
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LUMBAR LAMINECTOMY / DISKECTOMY LUMBAR FUSION

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Post-op Days 1 – 30

- TLSO – Per surgeon
 - Should never be required, but may be worn for comfort
- Ambulation progression as tolerated
 - Use assistive device as needed (FWW, Cane)
 - Progress to treadmill when independent
- Bed mobility / Positioning
 - Log rolling, instruct in proper transfers (oob to chair, car)
 - Place pillow between knees when sidelying
 - Place pillow under knees when supine
- Ankle pumps, glut sets, quad sets
- Pelvic tilts
- Short arc quads
- Deep breathing exercises
- Posture education – Use lumbar roll when sitting
 - Maintain neutral posture
- Diskectomy** – AVOID SITTING, avoid long car rides x 2 weeks
 - NO bending, twisting or lifting over 10 pounds
- Laminectomy** – May sit, bend and twist without limitations
 - Lift as pain permits
- Fusion** – Sit in chair for all meals
 - Sit at 30+ minute intervals throughout the day
 - Bending, twisting, lifting as pain permits
- TENS / Ice to assist with pain relief

Goals

- Pain control
- Ambulate without assistive device up to 1 mile per day

Months 1 – 3

- Continue appropriate previous exercises
 - Wall squats
 - Lumbar stabilization exercises
 - Push-up progression – Wall to table to chair
 - Abdominal crunches beginning at 6 wks post-op – NO Sit-ups
 - Treadmill – Walking progression program
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Elliptical trainer
Stairmaster
Pool therapy
LE stretches – HS, quads, gastroc/soleus, hip flexors
Back stretches – Knee to chest, supine rotation, piriformis
prone extension
May begin lifting and bending using proper biomechanics

Goals

Walk 2 miles at 15 min/mile pace
Pain-free ADLs

Months 3 – 6

Continue appropriate previous exercises
Work hardening / MOS specific exercises
Push-up progression – Knees to regular
Sit-up progression
Treadmill – Running progression program

Goals

Pass APFT at 6 months post-op
Resume all activities at 6 months post-op

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