

Physiotherapy advice - preparing for spinal surgery and what to expect

Information for patients, parents and carers

The physiotherapy team will help you keep your lungs clear and get back on your feet following your surgery. This leaflet will give you an idea of things to bring in to help your recovery and of what will happen and be expected after your operation.

Is there anything I should or can do before I come in for my surgery?

Being as fit and healthy as possible will help with your recovery.



After your surgery you will get in and out of bed by rolling onto your side, then push up with your arms into a sitting position. It can be helpful to practice this before your surgery.

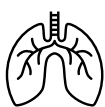


What should I bring in with me?

Loose fitting nightwear/pyjamas and suitable footwear (slippers/crocs/trainers) as you will be getting up and walking around with the physiotherapists and nursing staff from day 1.

An activity to distract yourself when sitting up after your operation can also be useful.

What will be expected of me after my surgery?



To keep your lungs clear you will be taught breathing exercises which you should carry out regularly throughout the day and with support we will encourage you to get out of bed as soon as possible.



Getting out of bed, as early as possible, will help prevent complications with your lungs and help reduce pain and discomfort following your operation. The physiotherapy team will help you out of bed for the first time and encourage you to sit up for a short period of time. Once you have been up, your catheter can be removed. You will be expected, with support and assistance, to get up out of bed regularly throughout the day and sit up in a chair, gradually increasing the distance you walk and the time you sit up for.

Whilst we recognise everyone's journey is different, here is a rough guide of what is expected of you and our physiotherapy goals. Our aim is always to empower you to do it yourself and we will work with you to achieve these goals.

Physiotherapy Goals		
Day 1	Day 2	Day 3 onwards
<ul style="list-style-type: none"> • Assessment of breathing and strength • Gentle active range of movement exercises • With assistance: <ul style="list-style-type: none"> - Log roll and reposition - Sit on edge of bed – stand - Sit out in chair. 	<ul style="list-style-type: none"> • Log roll and reposition self with minimum assistance (or independently) • Sit out of bed (increasing length of time in sitting) • Walk (longer distances) • You should be walking to bathroom and around ward with family/nurses. 	<ul style="list-style-type: none"> • Either independently or with supervision: <ul style="list-style-type: none"> - Transfer in and out of bed - Walk around the ward - Sit out in chair for 30-60 mins - Complete stair practice • Discharge advice for home.

What can I do to make my recovery easier?

Eating and drinking: It is important that you drink a good amount of clear fluid throughout the day, this will help your digestive and urinary system, reduce dizziness and allow removal of drips. Eating small amounts and increasing this as your appetite returns is crucial so that your medication works well and can also reduce the feeling of sickness, give you energy and help your healing process. It can be helpful to bring in some of your favourite food or snacks.

Regularly getting out of bed: It is important that you get out of bed on a regular basis and start to get back into a 'normal' routine for going home. As soon as you can you should be sitting up for all meals and taking regular walks around the ward or nearby areas. You should aim to sit for the length of time it will take you to drive home. Being up and about can help with pain and discomfort, aid digestion and also improve nighttime sleep.

Tell us how you feel and what matters to you: we are all part of one team and what matters to you matters to us. If you feel nervous, uncomfortable or emotional please let us know and we will try and help you as best we can. Please also let us know if there are any other factors we need to take into consideration during our sessions.

When will I be able to go home?

Before going home, you should:

Be able to:

- ✓ get out of bed, through side lying, without any help and be walking short distances.
- ✓ sit in a chair for at least 30 minutes at a time.
- ✓ walk up and down the stairs.

Have been given:

- ✓ discharge advice and where applicable exercises to continue with at home.

Contact us

If you have any queries or concerns, please contact the Spinal Physiotherapy Team via the Therapies Reception on **0131 312 1079**.