

Physiotherapy advice after complex spinal surgery

Information for patients, parents and carers

This leaflet has been developed to give you physiotherapy advice for going home following your child's spinal surgery.

Please note the information within this leaflet is general and any specific support strategies for your child and family, may be given in an additional profile.

By this stage you should feel confident about moving, handling and positioning your child, as well as carrying out any chest physiotherapy or exercises that you should continue to do with your child at home.

What should I continue with at home?

You should continue with the following (as applicable):



Chest - if your child has difficulty clearing secretions (phlegm) you will have been shown techniques to help them clear these. This should be continued until advised by your local physiotherapist.



Rolling - continue to use the 'log rolling technique', where hips and shoulders are rolled at the same time to prevent any twisting of the spine for changing, dressing and positioning.

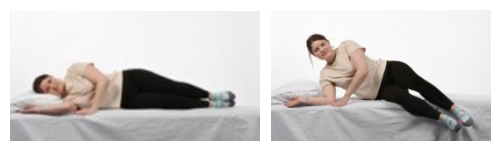
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Transfers/Mobility -

If your child is hoisted, you should continue to hoist using a high backed sling



If your child is mobile you should continue to 'log roll' to bed edge sit, before standing. You should progress how far they are waking with appropriate support.





Sitting - continue to sit up regularly, gradually building up the time that your child sits up in a high backed chair, their buggy or wheelchair, throughout the day. If your child has a wheelchair that reclines and tilts you should gradually reduce the recline as comfort allows.



Exercises - these may be passive, assisted or active movements to minimise joint stiffness. An individualised programme will be provided by the physiotherapist.



Returning to school - there is no set timescale for when your child can return to school; you should be guided by the time that they are comfortable sitting for. You may find that a gradual / phased return to school, for instance a couple of mornings then longer days may be helpful.



Activities - Timescales vary, dependent on bone healing and the activity. Your consultant will discuss and advise when your child can return to these activities.

Are there any precautions I should take when I get home?

- Where possible you should minimise any strenuous or forced bending or twisting of your child's spine in the early days following your surgery.
- You should continue to use 'log rolling' where hips and shoulders move as one, for positioning and as part of transfers (as appropriate)
- If short lifts have been agreed with your consultant, please ensure you use a 'scoop lift' technique supporting under your child's bottom and around their trunk.

Contact Us

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