

Physiotherapy advice after spinal surgery

Information for patients, parents and carers

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 spine in the early days following your surgery. Continue to get in and out of bed the way you have been shown in hospital: rolling on to your side moving your hips and shoulders together, then pushing up from your side to sit on the edge of the bed.



What should I do when I go home?



Continue with the neck/shoulder exercises you have been shown in the hospital as these may reduce stiffness. See pictures over the page.



Gradually increase the length of time you are sitting each day. You may find a chair with a firm back and seat will be more supportive than a softer chair.



Gradually increase how far you are walking each day. Initially you may want to have someone with you, as you may find yourself a little off balance on uneven paving or grass.



It is normal after your operation to feel you are leaning to one side, or your shoulder/hip is higher on one side. This will improve as the muscles around your spine adjust to your new posture / position. It can be useful to use a mirror to learn where your new “middle” is.



You can return to school whenever you feel confident. Start with a phased return (i.e. half days and build up from there, depending on your sitting tolerance). It might be helpful to organise a ‘buddy’ system to help carry your books/bag for you.



Your consultant will advise you when you can return to sports and school PE.



Turn your head to one side until you feel a stretch. Repeat to the other



Tilt your head toward one shoulder until you feel a stretch on the opposite side. Repeat to other side.



Bend your head forward until you feel a stretch down the back of your neck.



Imagine squeezing a tennis ball between the bottom of your shoulder blades. Lift your arm up, above your head, letting your thumb lead the way.



If you have any other questions or concerns, please contact:

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