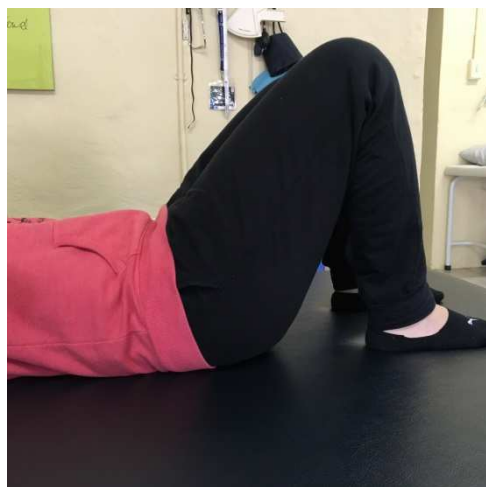
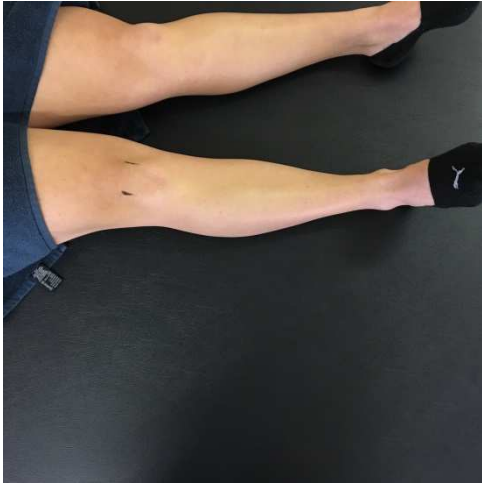


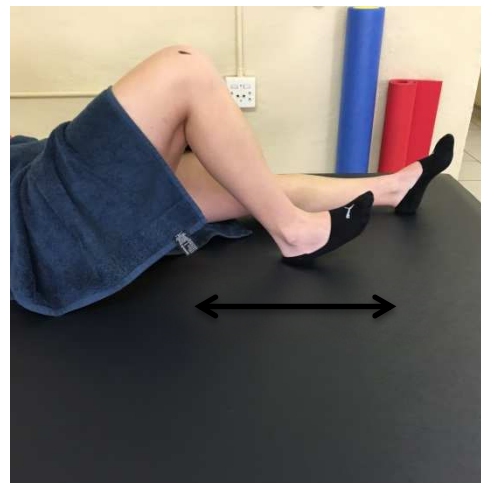
1. Lie on your back with your legs straight in front of you
2. Pull the toes of your one foot up towards you whilst pointing your toes of the other foot down
3. Alternate feet (like peddling)
4. Do exercise for 2 minutes
5. Repeat every hour
6. Do this in the hospital and at home for 2 -3 weeks



1. Lie on your back
2. Suck your lower abdomen in (pull belly button down towards bed)
3. Hold this contraction for 10 seconds, then relax
4. Repeat 20 x 2
5. Do exercise 3 x a day
6. Try and do this exercise whilst sitting, standing and walking
7. Start in hospital and repeat for 2 – 3 weeks



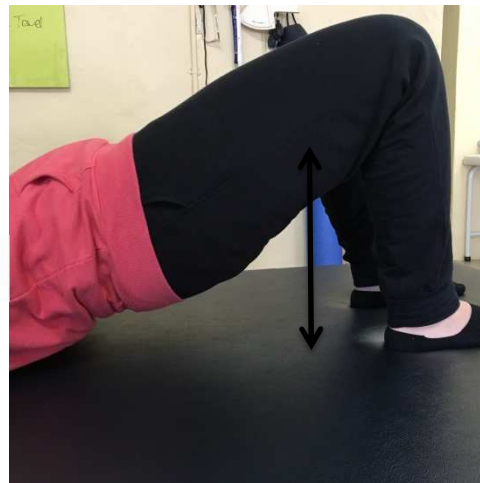
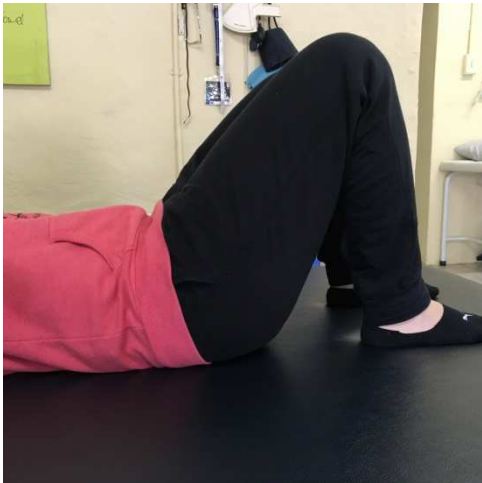
1. Lie on your back with your legs straight
2. Pull your toes up towards you on the affected foot
3. Squeeze your buttocks
4. Slowly move your leg outwards as far as you can without moving your hips
5. Repeat 20 x 2, on each leg
6. Do 3 x a day
7. REMEMBER to keep your other leg still
8. Start in hospital and repeat for 2 -3 weeks



1. Lie on your back with your legs straight
2. Suck your lower abdomen in (pull belly button down towards bed)
3. HOLDING the contraction, slowly bring the heel of your affected leg up towards your buttocks and slowly straighten again
4. Repeat 20 x 2 on each leg
5. Do exercise 3 x a day
6. Start in hospital and repeat for 2 – 3 weeks



1. Lie on your back with your leg straight
2. You can keep the other leg straight or bend it for comfort (depending on how stable you feel and how much pain you have)
3. Pull your toes of the affected leg towards you
4. Pull your belly button down towards the bed
5. HOLDING the contraction, Slowly lift the leg up as far as you can with minimal pain and slowly lower it
6. Repeat 20 x 2
7. Repeat 3 x a day
8. Start in week 3



1. Lie on your back with your knees bent
2. Pull your belly button down towards the bed
3. Squeeze your buttock muscles
4. Keeping both contractions, slowly lift your hips up and then lower them
5. Repeat 15 x 2
6. Repeat 3 x a day
7. If this is too easy, hold your hips up for 5-10 seconds on each repetition
8. Don't lift your hips too high if there is lower back pain
9. Start in week 3 (as long as there is no pain in your back, otherwise start in week 4)

### Vital information after a back operation:

- ALWAYS listen to what your doctor has told you.
- A back operation is a very invasive, big surgery so don't expect to be healed immediately.
- You are going to HAVE to receive physiotherapy treatment afterwards and you will be in some pain. This is because the doctor has cut through major muscle groups and dealt with the vertebrae. It is going to take time for this to heal and for the inflammation from this operation to go away.
- Your muscles are going to be weak and not give your lower back the support that it needs.
- It is VITAL that you start strengthening these muscles as soon as possible. This means DOING the EXERCISES that you have been given and shown in the hospital and carrying on with them at home.
- Your muscles and nerves are going to tighten up as well due to this procedure. You need to stretch them.
- It is going to be difficult for you to move around initially but MOVING is a huge part of your recovery. Lying still will not help but will only make the pain and discomfort worse.
- You will struggle to sit on the toilet so a good tip is to turn around and face the cistern then straddle it. It is much more comfortable.
- You are not allowed to twist (rotate) your back in the first 8 weeks if you have had a lumbar fusion as the instrumentation (screws) need time to set, like cement.
- You will be able to bend forward and you will need to start extending backwards at some point but your physiotherapist will take you through this process slowly.

- Recovery is not going to happen overnight. It can take up to 18 MONTHS to recover fully and that's with therapy. So DON'T RUSH! Give your body time to adapt and recover.
- You will not need therapy for the entire time but you will need physio for at least 8-10 weeks depending on the surgery you have had and how quickly you recover. That means you may need less or more physio. It also depends on how diligent you are with your exercises at home.
- Every doctor is different, but it is important to start physio as soon as possible and this is normally within 2-3 weeks post op. This is to ensure that you don't lose too much time in strengthening your core muscles. And your core muscles ARE NOT your six packs muscles so sit ups won't help.

Good luck! But you'll be fine as long as you follow your doctor's and physiotherapist's