



## PHYSICAL THERAPY SECTION

### CERVICAL FUSION / ARTHROPLASTY

*Revised November 2016  
Adapted from William Beaumont Army Medical Center*

#### **Post-op Days 1 – 30**

Usually not referred to PT until after 30 days of Con Leave  
C-collar – Per surgeon, wear at night for comfort  
Sit in chair for all meals  
Sit at 30+ minute intervals throughout the day  
Posture education – Use lumbar roll when sitting  
Pelvic tilts  
Spinal stabilization ex – in supine, neck supported (no bridging)  
Upper extremity active motion (AROM) to tolerance  
Deep breathing exercises  
Cervical AROM in pain-free range – No PROM (NO Stretching)  
Gentle 2-finger isometrics  
Scapular retraction, shoulder shrugs, chin tucks  
Stationary bike  
Treadmill – Walking progression program as tolerated  
Lifting to tolerance with proper body mechanics – Pain free  
Ice as needed

#### **Goals**

Pain control  
Independent ambulation, mobility and ADLs

#### **Months 1 – 3**

Continue appropriate previous exercises  
Upper extremity Theraband x 6  
Scapular retraction exercises with Theraband  
Biceps / triceps strengthening with light weight  
UBE  
Elliptical trainer  
Upper trap / postural stretches  
Ergonomics education  
TENS and ice to assist with pain relief prn

#### **Goals**

Full AROM C-spine  
Able to lift 20 lbs with ease

### **Months 3 – 6**

Weight training (UE & LE) as tolerated  
– No overhead resistance exercises Work  
hardening / MOS specific exercises Theraband PNF  
with lumbar stabilization principles Push-up progression  
Sit-up progression  
Treadmill – Running progression program

#### **Goals if fused, pain-free and reconditioned**

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

### **Months 6+**

Functional training exercises for sports or work specific activities  
Progressive weight training  
High impact / aerobic activity  
May begin wearing Kevlar and carrying rifle  
May begin contact sports