



## PHYSICAL THERAPY SECTION

### LUMBAR LAMINECTOMY / DISKECTOMY LUMBAR FUSION

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

#### **Post-op Days 1 – 30**

- TLSO – Per surgeon
  - Should never be required, but may be worn for comfort
- Ambulation progression as tolerated
  - Use assistive device as needed (FWW, Cane)
  - Progress to treadmill when independent
- Bed mobility / Positioning
  - Log rolling, instruct in proper transfers (oob to chair, car)
  - Place pillow between knees when sidelying
  - Place pillow under knees when supine
- Ankle pumps, glut sets, quad sets
- Pelvic tilts
- Short arc quads
- Deep breathing exercises
- Posture education – Use lumbar roll when sitting
  - Maintain neutral posture
- Diskectomy** – AVOID SITTING, avoid long car rides x 2 weeks
  - NO bending, twisting or lifting over 10 pounds
- Laminectomy** – May sit, bend and twist without limitations
  - Lift as pain permits
- Fusion** – Sit in chair for all meals
  - Sit at 30+ minute intervals throughout the day
  - Bending, twisting, lifting as pain permits
- TENS / Ice to assist with pain relief

#### **Goals**

- Pain control
- Ambulate without assistive device up to 1 mile per day

#### **Months 1 – 3**

- Continue appropriate previous exercises
- Wall squats
- Lumbar stabilization exercises
- Push-up progression – Wall to table to chair
- Abdominal crunches beginning at 6 wks post-op – NO Sit-ups
- Treadmill – Walking progression program
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Elliptical trainer  
Stairmaster  
Pool therapy  
LE stretches – HS, quads, gastroc/soleus, hip flexors  
Back stretches – Knee to chest, supine rotation, piriformis  
prone extension  
May begin lifting and bending using proper biomechanics

**Goals**

Walk 2 miles at 15 min/mile pace  
Pain-free ADLs

**Months 3 – 6**

Continue appropriate previous exercises  
Work hardening / MOS specific exercises  
Push-up progression – Knees to regular  
Sit-up progression  
Treadmill – Running progression program

**Goals**

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