

## Coker Rehab Services

### DO'S AND DON'TS AFTER BACK SURGERY

#### PRECAUTIONS:

1. Do not sit any longer than 15 minutes at a time.
2. BED: Log roll out of bed.  
**To log roll:** Roll your whole body at the same time.  
*Do not twist at the waist.*
3. TRANSFERS: Follow all instructions for transfers out of bed.
4. CHAIR TRANSFER: Use your legs when transferring out of a chair. Do not bend forward at the waist.
5. Do not sit on the side of the bed for an extended period. Do sit in a chair.
6. Do not use weights for upper extremity exercises unless cleared by the doctor.
7. Corset or brace should be worn when subject is up (if applicable).

#### TIPS FOR HOME:

1. SITTING: Avoid sitting in low or overstuffed chairs.
2. SITTING: Sit on the edge of the chair/toilet and use your arms to scoot back.  
GETTING UP: Scoot to the edge and then stand. Don't bend forward.
3. DRESSING: Put underwear, hose, shoes, socks on while sitting on the edge of the bed or in a chair using adaptive equipment. You may also cross one leg over the other knee when putting on pants.
4. HOUSEWORK: Avoid excessive reaching when doing housework (like vacuuming, mopping, etc.). Keep your legs shoulder width apart with one leg slightly in front of the other when performing housework.
5. MAKING A BED: Kneel on one to tuck sheets and blankets. Walk around the bed, and avoid reaching across the bed to make up the other side.
6. ALL WORK AROUND THE HOUSE: Make it as easy as possible and split jobs up into small steps.