



SURGEONS CHOICE™
MEDICAL CENTER

PHYSICAL AND OCCUPATIONAL THERAPY PROTOCOLS
SPINE PROGRAM



TABLE OF CONTENTS

1. PHYSICAL & OCCUPATIONAL THERAPY GUIDELINES.....	3-4
2. SPINAL PRECAUTIONS.....	5
3. LOGROLLING TECHNIQUE.....	6
4. SEXUAL INTIMACY GUIDELINES.....	7
5. ADAPTIVE EQUIPMENT.....	8
6. DME LOAN CLOSETS.....	9-11
7. ENERGY CONSERVATION.....	12
8. SAFETY WITH EVERYDAY ACTIVITIES.....	13-14
9. CURB NEGOTIATION.....	15
10. STAIR NEGOTIATION.....	16-17
11. GETTING IN & OUT OF THE CAR.....	18
12. HOME EXERCISE PROGRAM.....	19-20
13. NOTES.....	21



Physical and Occupational Therapy

1. Day of Surgery Expectations:

- Physical therapy evaluations will be attempted for patients who have been transferred from post-operative recovery to the surgical unit by 2:00pm. If the evaluation cannot be initiated by PT, the nursing staff will assist the patient with out-of-bed (OOB) activity.

2. Day 1 Expectations:

- Patients not seen on the day of surgery will have a physical therapy evaluation completed by 10:00am on day 1 to allow for early discharge planning.
- Patients will have an occupational therapy evaluation on day 1 before 10:00am to allow for early discharge planning.
- If the physical therapy evaluation was completed on the day of surgery but the patient requires an additional treatment session on day 1, then that session should be completed before 12:30pm to allow for early discharge planning.
- OOB activity should be attempted 3x/day with nursing staff following the physical therapy evaluation.
- The patient should perform 2 additional walks with the nursing staff in the hallway throughout each day after the physical therapy evaluation.

3. Day 2 Expectations:

- Should the patient require follow up visits from physical therapy or occupational therapy, treatment sessions will also be completed before 12:30pm to allow for early discharge planning.
- OOB activity should be attempted 3x/day with nursing staff following the physical therapy evaluation.
- The patient should perform 2 additional walks with the nursing staff in the hallway throughout each day after the physical therapy evaluation.

4. Discharge Planning:

- Depending on insurance, patients should expect to discharge **HOME** on post-operative day 1 or 2.
- If the PT or OT deems the patient is not safe to return home, then a discussion regarding sub-acute rehab will be had with the NP, SW and RN.
- Home health services will be arranged with Custom Home Health or Rehab One.

5. Brace:

- If prescribed by your surgeon, a lumbo-sacral orthosis (LSO) may be delivered prior to surgery and at the bedside for the patient to wear with OOB activity.
- If prescribed by your surgeon, the LSO should be worn for comfort only with OOB activity. The patient may perform OOB activity without the brace, however most patients will find it more comfortable to wear the brace especially during ambulation.



6. DME:

- Patients who plan to return home but require rolling walkers for safe activity performance will receive one prior to discharge.
- Patients who are not safe to return home and require additional therapy within in a sub-acute rehabilitation facility, will receive a walker upon discharge from the rehab facility.
- All other DME including toilet and shower accessories are not covered by insurance and must be purchased out of pocket or borrowed (*see Great Lakes Loan Closets*).

7. Positioning/ Body Mechanics:

- In the supine position, patients may lie on their back with a pillow under their knees or on their side with a pillow between their knees.
- In the seated position, patients should sit in an armchair with a high back and armrests in order to maintain a neutral position.

8. Educational Materials:

- Spinal precautions
- Logrolling technique and body mechanics
- Intimacy guidelines
- Home exercise program
- List of durable medical equipment/ adaptive equipment
- Loan closets
- Energy conservation
- Home safety
- Stair Negotiation (optional)

9. Patient Communications:

- If the patient has passed PT and OT, the patient will not be seen by PT or OT again and instead will have home therapy upon discharge.
- If the patient has NOT passed PT or OT, the patient will be seen by PT or OT once/day until goals are met and they are safe to discharge.
- Communication from your physical therapist or occupational therapist will be provided via the white board in the patient's room. WB status, precautions, PT/OT names and times if able to provide, level of function including assistance levels and daily goals.

10. Patient Safety:

- Spinal precautions should be followed for 6-12 weeks: (no BLT)
 - No bending at the waist from seated or standing position
 - No lifting more than 20 pounds
 - No twisting at the waist from seated of standing position
 - No pushing or pulling



Precautions and Activity Guidelines following Lumbar Spine Surgery

The following instructions regarding your activity after spinal surgery are a set of guidelines that are approved by your surgeon and should be followed for **6-12 weeks** after your surgery unless your surgeon says otherwise.

DO NOT bend forward or backward

DO NOT lift more than 10-20 pounds (depending on the surgeon)

DO NOT twist your trunk from side to side

DO NOT push or pull

DO NOT soak your incision in a tub or pool for approximately 3 weeks

DO NOT drive (may be 3-4 weeks depending on the surgeon)

DO put your LSO brace on in bed or sitting at the edge of the bed (if applicable)

DO get out of bed using the logrolling technique

DO take several short distance walks throughout the day while wearing your LSO brace and using the appropriate assistive device

DO limit the number of times per day that you negotiate flights of stairs



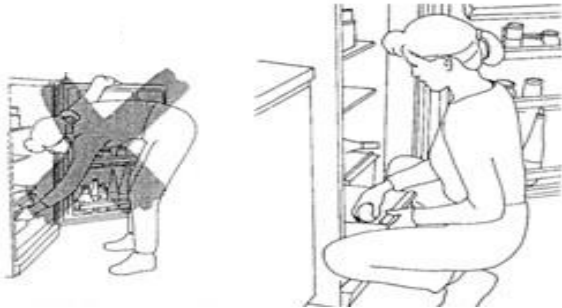
Logrolling Technique, Posture and Body Mechanics



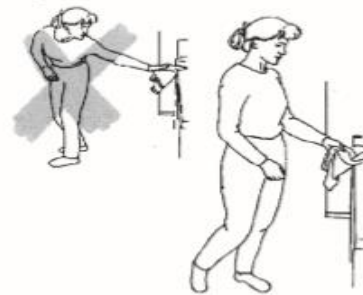
Getting out of Bed: Lying on your back, bend your knees and reach across your body with one arm. Roll over all in one movement toward that side. Swing your legs off the edge of the bed and use your forearm and hand to push from the mattress or handrail, sitting up sideways.



Getting into Bed: Start by sitting on the edge of the bed and lowering yourself down on your side onto your forearm. Swing your legs up onto the bed and then as a unit, roll over onto your back.



Squat down with knees apart to reach items on lower shelves and in drawers. **Keep items close to your body when lifting.**



Turn your body and face your work to **avoid twisting or bending back.**



Position items at counter height to **avoid bending forward.**



Stand and sit upright and **avoid slouching and forward head thrusts.** Use low back support as needed.



Sexual Intimacy Guidelines following Lumbar Spinal Surgery

Do not engage in sexual activity until your surgeon approves it!

It is recommended that following back surgery, patients should resume sexual relations in a slow manner. Patients should continue to maintain spinal precautions, such as avoiding twisting, arching and bending at the waist, once they are deemed safe to engage in sexual activity. Adopting new positions that are different from pre-surgical practices may be best. Patients may need to adopt a more passive role, including lying flat with a pillow under their knees, while their partner takes a more active top role. Another suggestion includes positioning with pillows and towel rolls to prevent unwanted or unnecessary movement in the spine. If for any reason, severe back pain or discomforts arise, consult your surgeon. Remember, your surgeon will tell you when it is safe to resume sexual activity after surgery.



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ADAPTIVE EQUIPMENT/ DURABLE MEDICAL EQUIPMENT



Bedside Commode

Walmart: \$34.15

Amazon: \$33.96

CVS: \$72.99

Binson's: \$57.25



Shower Chair

Walmart: \$20.97

Amazon: \$34.68

CVS: \$49.99

Binson's: \$74.96



Tub Transfer Bench

Walmart: \$57.43

Amazon: \$55.88

CVS: \$93.99

Binson's: \$101.56



Hip Kit – 5 pieces

Walmart: \$39.07

Amazon: \$32.99

CVS: N/A

Binson's: \$44.44



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Durable Medical Equipment – Great Lakes Loan Closets

www.loanclosets.org/michigan

World Medical Relief 21725 Melrose Ave. Southfield, MI 48075 M-F 8:00am-4:00pm	(313) 866-5333 www.worldmedicalrelief.org	Macomb, Oakland, Wayne and Washtenaw Counties	- MUST bring referral/ prescription - Call to check availability - Small handling fee for purchase (cash, money order, credit card)
Dublin Community Senior Center 685 Union Lake Road White Lake, MI 48386 M-F 8:00am-4:30pm	(248) 698-2394	Oakland County	- White Lake residents 50 and older only - Call to check availability - 3 month loan
NEXT 2121 Midvale Road Birmingham, MI 48009 M-Th 8:30am-8:00pm Fri 8:30am-5:00pm Sat 9:00am-2:00pm	(248) 203-5270	Oakland County	- Call to check availability and to reserve equipment - 3 month loan period - \$20 fee per item (non- refundable)
Waterford Parks and Recreation 5640 Williams Lake Road Waterford, MI 48329 M-F 7:45am-4:00pm	(248) 674-4881 www.waterfordmi.gov/227/50-Recreation-Activities	Oakland County	- Must have valid ID - Call to check availability - 3 month loan period - \$10 fee per item
Independence Township Senior Community Center 6000 Clarkston Road Clarkston, MI 48348 M-F 8:00am-5:00pm	(248) 625-8231 www.twp.independence.mi.us/services/Adult50/overview.asp	Oakland County	- Anyone is eligible - Unlimited loan period - \$10 cash deposit for shower chair, \$25 cash deposit for wheelchairs, seated walkers and tub benches
Auburn Hills Senior Services 1827 N. Squirrel Road Auburn Hills, MI 48326 M-F 8:00am-9:00pm Sat 10:00am-9:00pm	(248) 370-9353 www.auburnhills.org	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability



City of Troy 50+ Program 3179 Livernois Troy, MI 48083 M-F 8:00am-8:00pm Sat 8:30am-12:30pm	(248) 524-3484 www.troymi.gov/PlayHere/ Community/SeniorCitizen Program/InformationAnd Services.aspx	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability
Bloomfield Township Senior Services 4315 Andover Bloomfield Township, MI 48302 M-Th 7:00am-8:00pm Fri 7:00am-6:00pm Sat 8:00am-2:00pm	(248) 723-3500 www.bloomfieldtwp.org/ Seniors	Oakland County	- Bloomfield Township residents 60+ - Short term loan period - Call to check availability
City of Wixom Senior Center 49045 Pontiac Trail Wixom, MI 48393 M-Th 8:00am-3:00pm	(248) 624-0870 www.cityofwixom.com/ index.aspx?nid=868	Oakland County	- Only Wixom residents eligible - Unlimited loan period - Call to check availability - No bathroom equipment
Good Shepherd Lutheran Church 814 N. Campbell Road Royal Oak, MI 48067 M-Th 9:00am-3:00pm	(248) 548-3111 www.goodshepherdRO.org	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability
Mahany/Meininger Senior Community Center 3500 Marais Royal Oak, MI 48073 M-F 9:00am-4:30pm	(248) 246-3900 www.ci.royal-oak.mi.us	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability - Walkers and wheelchairs only
City of Madison Heights Active Adult Center 29448 John R Madison Heights, MI 48071 M-F 9:30am-2:00pm	(248) 545-3464 www.madison-heights.org/ 279/Active-Adult-Center	Oakland County	- Only Madison Heights residents eligible - Unlimited loan period - Call to check availability - 3 item borrowing limit
Clawson Senior Center 509 Fisher Court Clawson, MI 48017 M-Th 8:00am-4:00pm Fri 8:00am-12:00pm	(248) 583-6700 www.cityofclawson.com/ your_government/parks_ and_recreation/senior_ adult_programs.php	Oakland County	- Anyone is eligible - Unlimited loan period - Call to check availability



Berkley Parks and Recreation Senior Loan Closet 2400 Robina Berkley, MI 48072 M-F 9:00am-5:00pm	(248) 658-3470 www.berkleymich.org/ departments/parks_and_ recreation/seniorservices.php	Oakland County	- Anyone 50 years or older is eligible - Unlimited loan period - Call to check availability
Northville Community Senior Center 303 W. Main Street Northville, MI 48167 M-F 10:00am-4:00pm	(248) 349-4140 www.northvilleparksand rec.com	Oakland and Wayne Counties	- Only Northville and Novi residents eligible - 3 month loan period - Call to check availability
City of Novi Older Adult Services 45175 W. Ten Mile Road Novi, MI 48375 M-F 8:00am-5:00pm	(248) 347-0414 www.cityofnovi.org	Oakland County	- Anyone 55 years or older is eligible - Unlimited loan period - Call to check availability
Disability Network of Oakland and Macomb 1709 John R Troy, MI 48083 M-F 8:00am-4:00pm	(586) 268-4160 ext. 6609 www.dnom.org	Oakland and Macomb Counties	- Anyone is eligible - 6 month loan period - Call to check availability
Recycle Ann Arbor ReUSE Center 2420 S. Industrial Highway Ann Arbor, MI 48104 M-Sat 10:00am-6:00pm Sun 11:10am-3:00pm	(734) 222-7880 www.recyclannarbor.org	Oakland, Wayne, Washtenaw, Monroe, Lenawee, Ingham, Livingston & Jackson Counties	- Low cost purchase (no lending) - Call to check availability
Paralyzed Veterans of America Michigan Chapter 40550 Grand River Avenue Novi, MI 48375 M-F 8:30am-4:00pm	(800) 638-6782 www.michiganpva.org	All counties	- Anyone is eligible - Unlimited loan period - Call to check availability



Energy Conservation following Lumbar Spinal Surgery

- Plan before you start a new task. Eliminate tasks that are not absolutely necessary for your daily routines.
- Assemble all supplies prior to starting a task.
- Work in loose, comfortable clothing without restrictions.
- If possible, sit to perform tasks instead of standing.
- Make sure the work surface height is appropriate to prevent unnecessary bending.
- Slide or roll items along the countertop to avoid lifting.
- Minimize excess movement with certain tasks like making the bed.
- Work at a moderate pace as you will most likely burn more energy if you move faster.
- Plan your tasks in advance and spread them throughout the week to avoid over working.

**** REMEMBER: It's important to maintain a balance between work and rest. Short rest periods of 15 minutes between each hour of activity are encouraged****



Safety with Everyday Activities following Lumbar Spinal Surgery

General Considerations:

- Pick the entrance to the house that includes handrails and the least number of steps to negotiate.
- If a wheelchair is needed for mobility, a ramp may need to be installed and doorways may need to be widened.
- Furniture may need to be rearranged to allow for sufficient room to maneuver wheelchairs or walkers.
- Keep pathways and surfaces clear of objects such as shoes, toys, clutter, etc.
- Area rugs should be removed.
- Always keep your cell phone or cordless phone with you in case of falls or other emergencies.
- Use a reacher to pick things up off the ground or from lower surfaces.
- Do not carry items in your hands when walking with a walker. Instead use a walker bag/basket or carry things in pockets.
- If the patient's bed is not accessible consider moving the bed or converting another room into a bedroom.
- If the patient's bed has casters, they should be removed.
- Some patients will benefit from changing the height of their bed to make it easier to get in or out of the bed.
- Bedrails may be helpful to assist with logrolling in order to get in or out of bed.
- Install a night light in case the patient needs to get up at night.

Meals:

- Avoid lifting bags of groceries and garbage.
- Sit to prepare foods if possible.
- Use small containers with lids for liquids to avoid lifting more than 10lbs.
- Slide or roll items along the countertop instead of lifting them.
- Keep items within safe and easy reach on the countertop and in the refrigerator.
- Bend at your hips and knees in order to avoid bending from the waist when reaching for items.



Safety with Everyday Activities following Lumbar Spinal Surgery

Bathing:

- Instructions regarding showering should be found in your discharge paperwork.
- No tub bathing or swimming until you are cleared by your surgeon.
- Grab bars may be installed to help patients get in and out of the tub or shower.
- A shower chair or tub transfer bench may also be necessary for patients with decreased standing tolerance.
- A hand-held shower head and long-handled sponge can also be purchased to avoid bending and twisting.

Toileting:

- An elevated toilet seat or bedside commode may be indicated to increase ease and safety.
- Toilet articles, such as toilet paper, should be within easy reach to avoid bending and twisting.
- Avoid twisting when flushing the toilet. Stand up and turn around to flush the toilet.

Dressing:

- Use the “cross leg” technique by bringing one foot up on to the opposite knee.
- Use long handled adaptive equipment such as a reacher, dressing stick, sock aid and shoehorn to avoid bending down.

Grooming:

- When standing at the sink, stagger feet with one foot in front of the other, as if you just took a step.
- Brace yourself at the countertop with one hand and bend at your hips and knees, not from the waist.
- You may use a cup to rinse your mouth when brushing your teeth instead of bending over to spit into the sink.



Going up a Curb using a Walker

- Walk straight up to the curb with the walker.
- Place the entire walker including all four legs up on the curb.
- Push straight down on the walker and step up with the uninvolved or stronger leg first.
- Then step up with the involved or weaker leg.



Going down a Curb using a Walker

- Walk up to the edge of the curb with the walker.
- Place the entire walker including all four legs on the ground below.
- While holding onto the walker, step down with the involved or weaker leg.
- Then step down with the uninvolved or stronger leg.



Never go down a curb step backwards

Reminder: This technique can also be applied when stepping over a threshold.



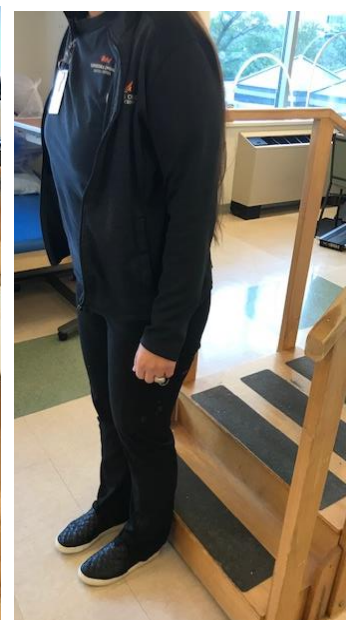
Going up Steps using a Handrail

- Walk up to the edge of the first step.
- Place the hand closer to the handrail on the handrail or turn towards the handrail and place both hands on it.
- Step up with your uninvolved or stronger leg first.
- Next, step up with the involved or weaker leg.
- Repeat: Stronger leg → weaker leg, one step at a time.



Going down Steps using a Handrail

- Walk up to the edge of the first step.
- Place the hand closer to the handrail on the handrail or turn towards the handrail and place both hands on it.
- Step down with your involved or weaker leg first.
- Next, step down with the uninvolved or stronger leg.
- Repeat: Weaker leg → stronger leg, one step at a time.





Going up Steps using a Handrail and Cane

- Walk up to the edge of the first step.
- Place your free hand on the handrail and hold the cane in the other hand.
- Step up with the uninvolved or stronger leg.
- Next, bring the cane onto the first step followed by the involved or weaker leg.
- Repeat: Stronger leg → Cane → Weaker leg, one step at a time.



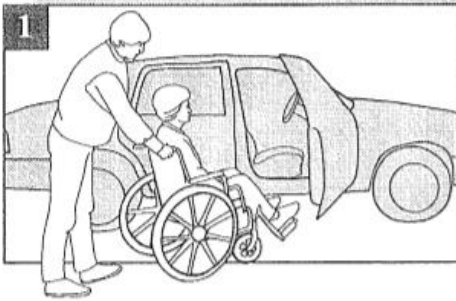
Going down Steps using a Handrail and Cane

- Walk up to the edge of the first step.
- Place your free hand on the handrail and hold the cane in the other hand.
- Place the cane down onto the first step.
- Next, step down with the involved or weaker leg followed by the uninvolved or stronger leg.
- Repeat: Cane → Weaker leg → Stronger leg, one step at a time.

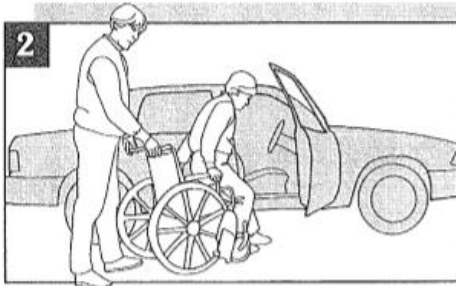




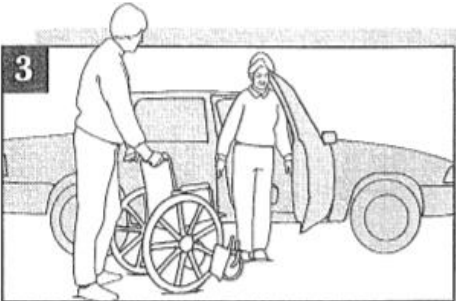
Getting in and out of the Car



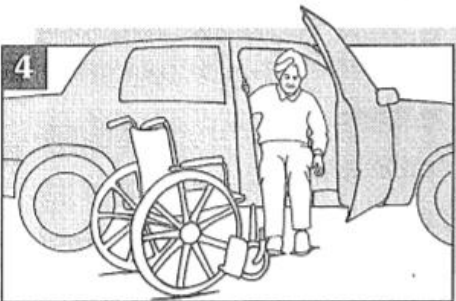
1. Once you have been discharged, the nursing staff will bring you downstairs to the lobby in a wheelchair while your family retrieves the car. The nurse will wheel you to the passenger seat.



2. Stand up from the wheelchair and back up towards the passenger seat of the car.



3. Once you are positioned with your back facing the passenger seat, reach behind for the seat, overhead handle or dashboard and slowly sit down.



4. Once seated, scoot back in the seat and slowly start turning to bring your legs into the car.



5. Slowly bring both legs closer to the car. Lift the left leg and then the right leg into the car being careful to avoid hitting the dashboard or twisting at the waist.



Home Exercise Program

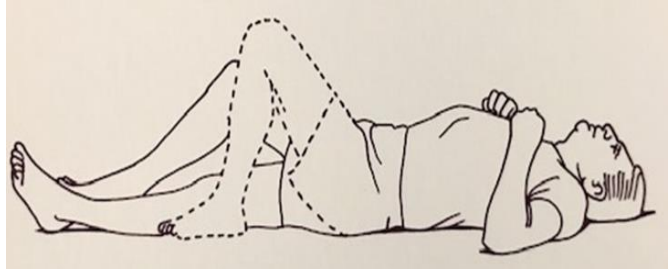
Ankle Pumps



Point your feet up and down, bending at the ankles.

Perform: 10 repetitions, 3 times a day

Heel Slide



Slide your foot back bending the knee.
Repeat with the other leg.

Perform: 10 repetitions, 3 times a day

Gluteal Squeeze



Squeeze your buttocks and hold for 10 seconds.

Perform: 10 repetitions, 3 times per day

Ball Squeeze



With a ball or folded pillow between your knees, squeeze knees together.

Perform: 10 repetitions, 3 times per day



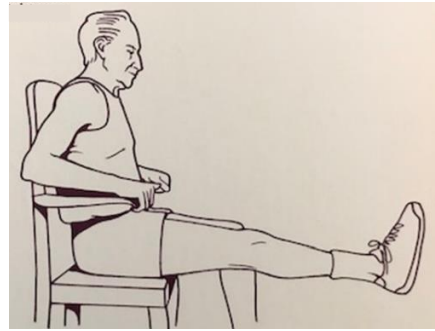
Quadriceps Set



Tighten the muscles on top of your thigh by pushing the back of your knees down into the bed.

Perform: 10 repetitions, 3 times per day

Long Arc Quad



Tighten the muscle in the top of your thigh and straighten your knee. Repeat with the other leg.

Perform: 10 repetitions, 3 times per day

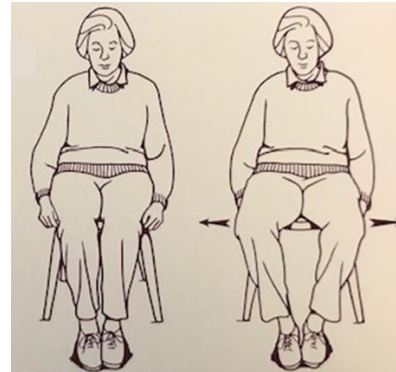
Ankle Pumps



Point your feet up and down, bending at the ankles.

Perform: 10 repetitions, 3 times per day

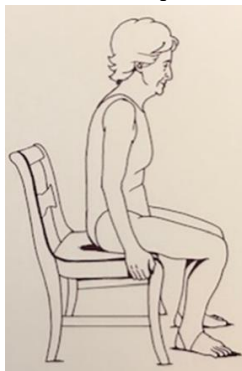
Hip Abduction



With your feet together, spread your knees apart and then bring them back together.

Perform: 10 repetitions, 3 times a day

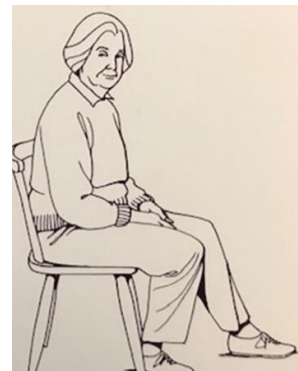
Gluteal Squeeze



Squeeze your buttocks and hold for 10 seconds.

Perform: 10 repetitions, 3 times per day

Heel Slide



Keeping your feet on the ground, slide one foot back bending at the knee. Repeat with the other leg.

Perform: 10 repetitions, 3 times a day



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Notes: