

Discectomy Protocol

IMMEDIATE POST OP:

Precautions:

- No lifting
- No turnk: flexion, extension, rotation or side bending
- Limited sitting
- Log roll out of bed

Exercises:

- Pelvic tilts
- Heel slides
- Quad sets
- Passive SLR
- Glute sets
- Walking

WEEK 2:

Precautions:

- Keep neutral spine
- Lifting limit to 10-20 lbs (determined by MD)

Exercises:

- Spinal stabilization exercises
- Ambulation
- Initiate HS stretches

WEEK 3:

Exercises:

- Continue spine stabilizing exercises
- Increase walking time
- Body mechanics for trunk flexion
- Quad stretch (sidelying)
- Glute sets
- Ball exercises- if possible

WEEKS 4-6:

Exercises:

- Wall squats
- Lunges
- Wall push ups –progress to regular push ups
- Deep core exercises
- All LE stretching
- Back stretches
- Treadmill

WEEKS 6-8:

Exercises:

- Strengthening program
- UE strength
- Begin return to sport/work functional activities