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