

Laminectomy Protocol

PHASE I (Days 7-12):

Goals:

- Return to ADL's
- Functional dynamic lumbar stability
- Normal gait

Exercises:

- Stabilization:
 - Supine:
 - Heel slides
 - SLR
 - Marching
 - Dead bugs stabilized
 - Curl ups with spine in protected position
 - Diagonal curl ups with spine in protected position
 - Bridging:
 - Two legs
 - Mini marching
 - Single leg
 - Prone:
 - Single leg & arm lifts
 - Simultaneous opposite leg & arm lifts
 - Bilateral arm & leg lifts
 - Modified push up with neutral spine
 - Quadruped:
 - Single leg & arm lifts
 - Simultaneous opposite leg & arm lifts

PHASE II (Week 5-D/C):

Goals:

- Upper and lower extremity strengthened
- Restored lumbar spine motion

Exercises:

- Aerobic: walking, bike
- UE & LE strengthening
- Squats
- lunges
- Progress dynamic stabilization program
- Stretching:
 - Hamstrings
 - Quads
 - Hip flexors
 - Calves
 - Hip rotators (IR & ER)
 - Glutes
 - Low back
 - ITB
- Begin functional activities to prepare for return to work.

PHASE III (Return to Work):

- Work simulated exercises & ↑ ADL independence activities