

Lumbar Fusion Protocol

Weeks 0-6:

Precautions:

- NO bending or twisting
- Wear brace when out of bed
- Log roll
- No sitting for >15 min
- Lifting limited per M.D.

Exercises:

- Walk with assistive device 2-3 times a day and progress distances
- Patient education:
 - Hip dominated movements
 - Neutral spine movements
 - Posture
- Abdominal bracing
- Modalities as needed

Weeks 6-12:

Precautions:

- Minimal back movements, limited FB and rotation on LB
- May be out of corset per M.D.

Exercises:

- Lumbar stabilization exercises
- Stretching:
 - Hamstrings
 - Quads
 - Calves
 - Hip flexors- allows in prone if preferred
 - Piriformis
 - Back- SKTC, DKTC
- Hooklying heel slides
- Mini forward lunges
- Mini squats
- Body mechanics when lifting

Months 3-6:

Precautions:

- Back movement only in painfree range
- Lifting restrictions per M.D.

Exercises:

- Physioball exercises
- Add SB and ROT when stabilization is controlled
- Multidirectional exercises
- Resistance training
- Start functional training to progress back to work/sport

Months 6+:

- No endrange back movements
- Resume all activities