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