

Department of Physiotherapy

Accelerated Spine Surgery Rehabilitation

Timeline of Recovery



How to Prepare for Surgery?

Ensure that you have made arrangements for the first few days after your discharge. Examples (only if required):

- Getting family members to be with you to allow you time to settle at home
- Arrange for meals to be delivered to you
- Familiarise yourself with back/neck care and how to get out of bed

What to expect after surgery?

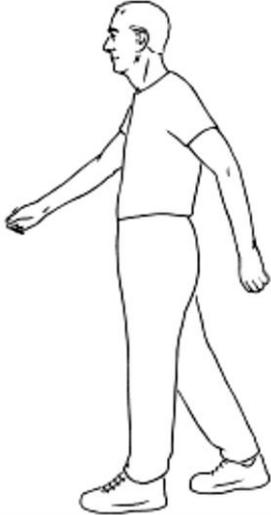
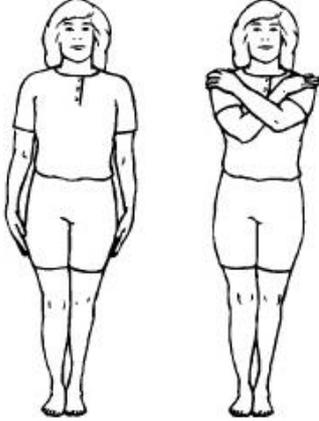
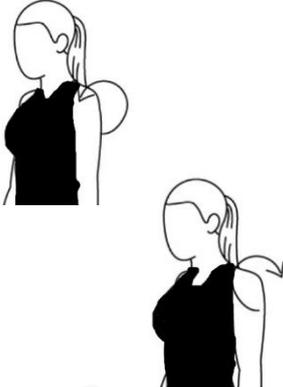
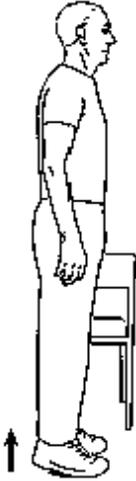
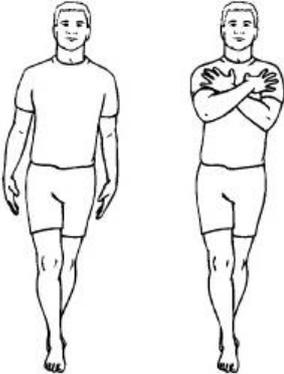
Day of Surgery

1. Your doctor and physiotherapist will assess your suitability to commence physiotherapy when you are out of surgery
2. If suitable, you will be guided to get out of bed and walk (with an appropriate walking aid if necessary)

Day after Surgery

1. If needed, your physiotherapist will continue to see you before you discharge home
2. An appropriate walking aid will be issued before home if necessary
3. You will be given a home exercise program to continue with upon discharge, before your outpatient physiotherapy appointment

Your therapist may advise you to commence some exercises **before** surgery to enhance recovery after surgery:

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| <p style="text-align: center;">Walking</p>  | <p style="text-align: center;">Sit to Stand</p>  | <p style="text-align: center;">Feet together, Eyes open/closed</p>  <p>Ensure that there is a chair behind you and a stable surface for you to hold onto if you lose balance.</p> |
| <p>Up to 30 minutes daily.</p> | <p>Repeat 10-15 times.</p> | <p>Maintain this position for 30 seconds, 3 sets.</p> |
| <p style="text-align: center;">Shoulder rolls (For Cervical Surgery)</p>  | <p style="text-align: center;">Heel Raises</p>  | <p style="text-align: center;">Tandem stance, Eyes open/closed</p>  <p>Ensure that there is a chair behind you and a stable surface for you to hold onto if you lose balance.</p> |
| <p>Repeat 10 times in each direction.</p> | <p>Repeat 10-15 times.</p> | <p>Maintain this position for 30 seconds, 3 sets</p> |

**It is recommended that you perform these exercises as indicated *
by your physiotherapist following his/her assessment.
These exercises should not aggravate your neck or back pain.**